

HOW DARTMOUTH STUDENTS MANAGE STRESS.*

This is not a "one size fits all" list!

Often people find that a variety of strategies work for them. Try one and ask yourself, "If I do this activity, is it contributing to my happiness or is it just one more thing to do?"

And, as always, moderation is key!

EXPRESSIVE

- "Writing or journaling"
- "Finding something that can occupy and relax your mind: reading, photography, origami, music, knitting, woodworking or going to the jewelry studio, etc."
- "Reach out to trusted friends. They want to help, but they can't unless you let them know you need it. Who knows, maybe they are going through some of the same!"
- "Get involved. Help others. Give back."
- "Take a night away from going out and do something fun and low-key with your friends"

PHYSICAL

- "Get a good night's sleep as often as possible"
- "Laugh"
- "Go on walks - around Occom Pond or anywhere else." "Run outside! Hang out on the Green"
- "Getting off campus even if it's just to the river or to the Organic Farm"
- "Taking a dance class at the Hop, or any other FLIP class instead of going to the gym"

ORGANIZATIONAL

- "Learning to prioritize and make lists"
- "Clean your room"
- "Schedule time for yourself"
- "Take a personal day"

*Examples of Healthy Strategies used by Dartmouth Students to manage stressors or personal challenges (other than counseling) ... collected via survey of students, Spring 09.