

Six Self-Care Practices to Reduce Your Stress in the New Semester

By Delfina Booth

As the semester starts fully kicking into gear and your workload gets heavier, we understand how easy it can be to become overwhelmed. However, it is incredibly important to remember that your health and happiness come first! Here are six self-care practices you can pick up this semester to help cut down on your stress.

- 1) Attend a Health Initiatives Program or Event.
 - Health Initiatives offers a number of resources to help you care for your personal well-being, on your own or with a group. You can join the [Adulthood](#) course to increase your life skills and elevate your self-confidence, register for [Wellness Coaching](#) to learn how to better manage your health, or show up for [Mindful Mondays or the Student Mindfulness Book Club](#) to practice the art of being present. If you feel better honing these skills by yourself, self-care apps such as [JOOL Health](#) and [Alexa Health](#) might be more up your alley. Do what makes you comfortable, and remember you always have opportunities to improve.
- 2) Set aside time for worrying, as well as relaxing.
 - This habit can be a significant step in lowering your general stress levels. Stopping stress altogether can feel impossible, so sometimes limiting its prevalence in your mind is the next best thing. Establish a time to reflect on your stressors, and if you catch yourself worrying throughout the rest of the day, remind yourself to “save it” for that time. When it’s over, let your worries go for the day! Of course, as we all know, it is also *vital* important to your mental health and performance to make time for relaxing. Have some you-time, you deserve it!
- 3) Find your community.
 - College can sometimes be isolating, which can often make it feel like you’re fighting your battles alone. It is important to find a group of people you know you can lean on. Join a club or organization with others who share your passions. Expanding on your talents, learning new skills, and even just being around and talking with like-minded people can be highly therapeutic, and a reminder of your support system.
- 4) Have fun on campus!
 - Need a study break but don’t know what to do with yourself? There are always cool events, from sports games and activity nights to movie screenings and concerts, going on around campus, so go join in on the fun. Find events that make you happy and treat yourself to an night out close to home!

- 5) Seek help from professionals and your peers.
- If you feel you may need more serious help, consider setting up an appointment at the [Counseling Center](#) or the [Stamps Health Psychiatry Clinic](#). If those aren't your preference, try joining one of the many support groups on campus, or visiting one of the resource centers, such as the [Women's](#) or [LGBTQIA](#) resource centers. If none of those options appeal to you either, try simply reaching out to [a wellness coach or your peers](#). Sometimes, the best way to make your stressors feel not-so-formidable is to share them with someone else.
- 6) Prioritize your health; both physically and mentally.
- Work on taking care of yourself first and foremost this semester. Don't bite off more than you can chew; it does no one, least of all you, any good when you are overworked. Try a relaxation activity such as [meditation](#), [yoga](#), visiting the Campus Recreation Center sauna, or [getting a massage](#). Get out and moving; spend some time off campus or just outside of your typical study areas. Get a change of scenery and some fresh air! [Work on adjusting your mindset and practicing small acts of self-care everyday](#). You are at university to aid your own success, so let this time be one of inspiration and self-improvement in all areas.

Remember that you are right where you need to be. You have already succeeded by getting into this prestigious institution, and there will always be opportunities to alter your course to what you need it to be. Try your best not to stress about where you're going and enjoy where you are right now! For more resources and tips on how you can best care for yourself this semester, visit healthinitiatives.gatech.edu.

<https://healthinitiatives.gatech.edu/news/six-self-care-practices-reduce-your-stress-new-semester>