

# Finding Balance

Stress is a normal part of everyday life. Learning to manage it can boost your happiness, productivity, and overall wellbeing. Practice taking care of yourself and sticking to routines that work for you, especially during stressful times.

Office of Health Promotion  
Department of Student Health + Wellness  
University of Virginia

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## Establish Routines

Routines can take time and practice to form but can help you take the best care of yourself by blocking off time for eating, sleeping, and playing! Consider these ideas to include in your routine:

- **MUNCH:** eating a good breakfast and regular meals can give you consistent energy throughout the day
- **CONNECT:** connecting with those who you value can make the good times better and the hard times easier
- **UNWIND:** finding something that helps you relax like listening to music, journaling, or watching TV can help you decompress at the end of each day
- **REST:** prioritizing consistent sleep habits of around 8 hours a night can help you feel energized



## Evaluate Social Media

Social media makes it easy to believe that no one else is struggling, because most people's posts are a highlight reel – meaning they only post their best moments. Paying attention to how your use of social media makes you feel can help to change your usage to work best for you.

“If I realize that there is an account who's posts don't add value to my feed, I tend to mute or unfollow them.”  
S.A. CLAS '21

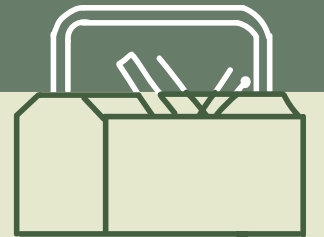
## HOO KNEW?

More than half of UVA students use mindfulness, deep breathing, meditation, or another spiritual activity to feel better. \*



## Self-Care Toolbox

Self-care can look different for everyone. It may take time and trial and error to find what works for you, but these ideas can be a place to start:

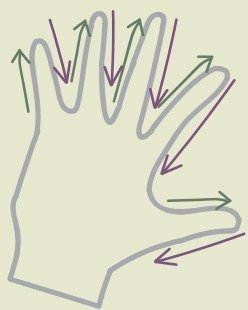


- Exercising or finding a way to be active that you enjoy can help ease your mind
- Writing a thank you letter to yourself gives you time to reflect on the good things you do and helps you to appreciate yourself
- Coloring and doodling can spark creativity and be relaxing
- Playing a game on your phone or computer can be a way to ease and refocus your mind when you need a break



Need coloring sheets? Scan this code for self-care coloring sheets from the Women's Center!

## Take a Deep Breath



One way to practice mindfulness is to take one of your hands and spread your fingers apart, taking the pointer finger of your other hand slowly tracing the outline of your spread hand. Inhale on the ups and exhale on the downs. This can help you to clear your mind and re-center!

## HOO KNEW?

Most UVA students show self-compassion, such as acknowledging best effort even when an outcome is imperfect. †

## Resources

Check out the [Night Owl classes](#) on the AFC group exercise page. All Night Owl classes are free to students and a fun way to try something new and stay active!

Stop by the [Contemplative Sciences Center](#) on Clemons 220 to take part in their weekly, ranging from mindfulness, to yoga, to QiGong!

Come speak to a CAPS clinician via the ["Let's Talk"](#) program to discuss non-emergency concerns – we'll meet you where you are at!

Monday: Bavaro Hall (Room 206A) 12:30-2:00 pm

Tuesday: Gibbons House (Room 166) 3:00-4:30 pm

Wednesday: Thornton Hall (Room A111) 2:00-3:30 pm

Want this poster for your room? Feel free to take me home November 18 - 22!

Talk to us at [StallSeatJournal@virginia.edu](mailto:StallSeatJournal@virginia.edu)! Follow us on Instagram @StallSeatJournal\_UVA!

\* From the February 2017 Health Survey with responses from 1,010 UVA students

† From the February 2019 Health Survey with responses from 808 UVA students

