



# STRESS MANAGEMENT

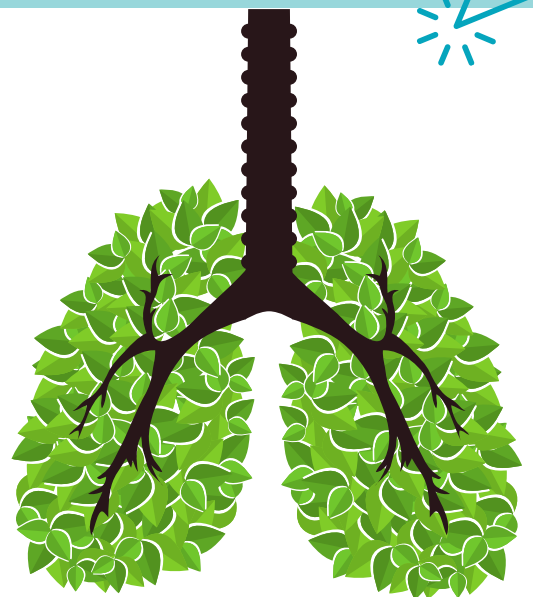


THESE ICONS INDICATE CLICKABLE RESOURCES



## BREATHE IN...

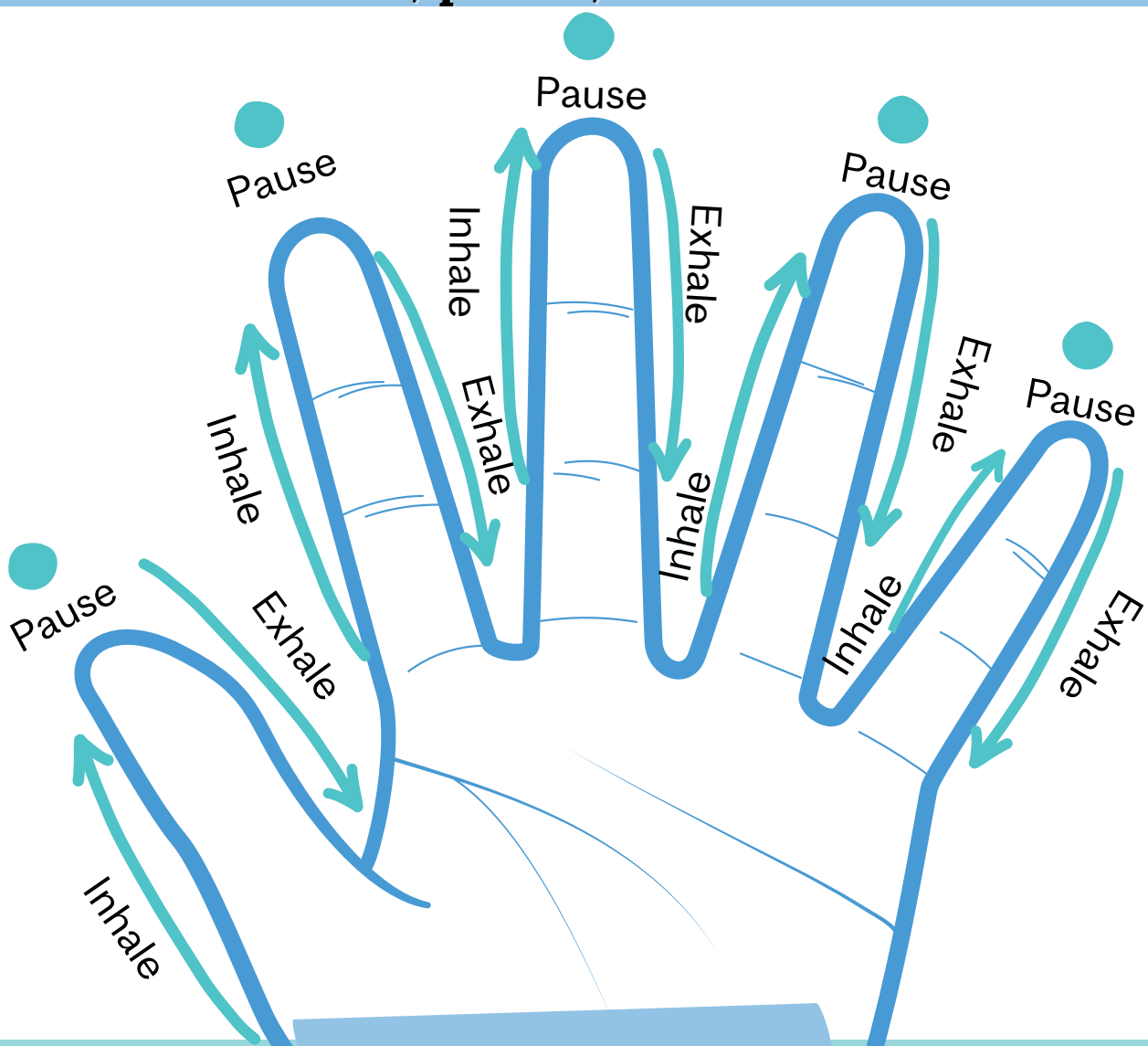
Taking a little bit of time to become aware of your breath and engage in a couple of seconds of deep breathing can be very effective in all kinds of high stress situations because it calms your body, no matter what your mind is doing.



Click on the image above to view the full video

## PALM BREATHING

Slowly trace your fingers to inhale, pause, and exhale



## RESOURCES

As a student, there are so many tasks to be aware of: organizing schedules, budgeting effectively, sleeping! Here are some resources to help!

### At McGill

Art Hive @ Home

Managing Stress in Uncertain Times

The Art of Taking Exams

### Stress Management Apps

Practice calm breathing  
Calm breathing practice: audio  
Forest Stay Focused: on iOS and Android: an app that helps you stay present & focused on your work



#BuildingAHealthierMcGill

Follow @HealthierMcGill for more tips

