

# Our top tips for self care during stressful times:



Take regular breaks



Spend time in nature



Nurture a healthy routine of sleep, exercise and diet



Try some meditation or mindfulness



Spend time with others – stay connected



Do something fun or creative



Journal, listen to music, read a book



Help another person – spread kindness

**HELP YOURSELF TO TREATS**



Reach out for support



Treat yourself

**TRY ONE OF OUR CAMPUS TREE TRAILS OR SELF GUIDED WALKS**



University of Exeter

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