

Navigating Wellness: Stress Relief Tips for International Students

Adjusting to a new place or situation can be exciting and stressful at the same time.
Read below for a few simple ways to care for your well-being as an international student.

TAKE MICRO-BREAKS



5 minutes of deep breathing or a quick walk between classes can reset your mind and energy.

GROUND YOURSELF

Try the 5-4-3-2-1 technique to calm your senses:

- 5 things you can see
- 4 things you can feel/touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

UNPLUG FOR PEACE



Limit stress-inducing news and social media. It's okay to disconnect to protect your mental health.

CREATE COMFORT



Carry something small from home like a photo, scarf, or familiar snack to feel more grounded.

LET IT OUT



Journal your thoughts or talk to someone you trust. Sharing how you feel can bring relief.

FIRST STOP HEALTH APP



Use the free First Stop Health app to access on-demand counseling and primary care medical appointments anytime, anywhere.

www.chaffey.edu/wellness

NEED MORE SUPPORT? YOU'RE NOT ALONE.

Contact the Social Wellness and Behavioral Support Program at Chaffey College • Enrolled students get 12 free individual therapy sessions
Call (909) 652-6510 to complete a referral form • Complete a self-referral form online at: www.chaffey.edu/student-affairs/bit.php