1. Go for a jog around the Purple Path.
2. Meditate in the Meditation Room at the Interfaith Center.
3. Take a yoga or other group fitness class at Campus Recreation.
4. Explore the UAlbany Art Museum.
5. Sing in the shower.
6. Play an instrument.
7. Cheer on your Great Danes team at a home game.
8. Find and smell some flowers on campus (or have a snowball fight).
9. Swim some laps in the pool.
10. Reorganize your room.
11. Clean out your desk or backpack.
12. Treat yourself to a late night snack from the Campus Center.
13. Check out Academic Support Services for tutoring options and study groups.
14. Go for a bike ride with Bike Share.
15. Take a nap.
16. Choose a balanced meal at the dining hall.
17. Sip some herbal tea from Argo Tea in the LC Concourse.
18. If you feel like crying, let it out.
19. Call the Middle Earth Peer Assistance Hotline @ 518-442-5777 for some support or feedback.
20. Color with crayons.
21. Pray or engage in a spiritual practice.
22. Put on your favorite music and dance to the beat.
23. Make a to-do list for the week.
24. Find a quiet study spot in the library.
25. Sign up for an intramural sport.
26. Watch a new movie.
27. Read outside in the Podium West Garden or your Quad courtyard.
28. Put a puzzle together.
29. Look through old photos or old emails from friends.
30. Watch your favorite cartoon or sitcom from your childhood.
31. Take 5 deep, slow breaths.
32. Skype or call family.
33. Call or text a friend to let them know you’re thinking of them.
34. Read a fun book.
35. Go for a walk.
36. Plan for the future with Career and Professional Development.
37. Meet a friend for a study break in the Campus Center.
38. Delete the apps you don’t use off your phone.
39. Take a hot shower or bubble bath.
40. Do a random act of kindness.
41. Check out a Danes After Dark event.
42. Unplug and take a break from your phone and the internet.
43. Get feedback on your resume from the Career and Professional Development Office.
44. Attend a performance at the Performing Arts Center.
45. Take a mindful walk around Indian Pond.
46. Lie out by the fountain.
47. Grab some friends for a game of pick-up at Collins Circle.
48. Check out the different student organizations on MyInvolvement.
49. Give or get a hug.
50. Stop by a CAPS Let’s Talk walk-in site to talk with a staff psychologist about what’s bothering you.

There are lots of free resources on campus available when stress becomes hard to handle. Ask us for help whenever. Counseling and Psychological Services (CAPS) is here to help you.

Call CAPS @ 518-442-5800 to make an appointment or just walk-in to an on-campus “Let’s Talk” site to speak with a staff psychologist about your stress, how to achieve some relief & next steps to consider.

CAPS Services are Free and Confidential. For location, the Let’s Talk schedule, and more self-help resources you can also visit our website albany.edu/caps