



50 WAYS GREAT DANES DE-STRESS



1. Go for a jog around campus or your neighborhood.
2. Look for virtual office hours through your professor or department for extra help.
3. Take a yoga or other fitness class online.
4. Explore the [Metropolitan Museum of Art](#) and other museums online for free.
5. Sing in the shower.
6. Play an instrument.
7. Watch a free theater, dance, or music performance online.
8. Play a video or board game virtually with your family or friends.
9. Take a virtual dance class.
10. Reorganize your room.
11. Clean out your desk or backpack.
12. Take a virtual cooking class.
13. Call or text a friend to let them know you're thinking of them.
14. Go for a bike ride around campus or your neighborhood.
15. Take a nap.
16. Choose balanced meals and healthy snacks when possible.
17. Sip and enjoy a hot cup of herbal tea.
18. If you feel like crying, let it out.
19. Call the National Suicide Prevention Lifeline (1-800-273-8255) or access [CrisisChat.org](#) 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. Create a quiet study spot in your dorm or home.
25. Take an online drawing class.
26. Watch a new movie.
27. Find a peaceful spot to read outside.
28. Put a puzzle together.
29. Look through old photos or old texts from friends.
30. Watch your favorite cartoon or sitcom from your childhood.
31. Take 5 deep, slow breaths.
32. Call or Facetime family and loved ones. We will get through this together.
33. Stretch for 10 minutes.
34. Download a free book to read.
35. Go for a hike.
36. Follow [Campus Recreation](#) on social media to see tips on staying active.
37. Arrange for a virtual study break with a friend on Zoom.
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. Watch a movie/TV show with friends over Netflix Party.
42. Unplug and take a break from your phone and the internet.
43. Schedule a virtual appointment with [Career and Professional Development](#).
44. Find a performer you like who is offering a concert on social media and watch it.
45. Take a mindful walk around Indian Pond, your yard, or block.
46. Take a virtual tour of the [San Diego Zoo](#) via live cams.
47. Listen to your favorite audiobook or podcast.
48. Stay connected to virtual activities and opportunities across the campus community on [UAlbany GO](#).
49. Find options for giving back or volunteering virtually.
50. Call or email [CAPS](#) to talk to a psychologist. Remote services are available.

There are lots of free resources 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** or email us at consultation@albany.edu 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 more self-help resources you can also visit our website albany.edu/caps