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### 10 Affirmations to Calm College Student Stress

1. I will allow myself enough sleep each night to fully rest my body, recharge my batteries and support my immune system to protect against illness.
2. I will exercise my body in ways that I enjoy, even if that means squeezing in a 20-minute walk after school.
3. I will pay attention to my emotions and find positive ways to calm my mind & body down when I'm stressed. I will try deep breathing, yoga or I'll call a friend up and do something fun!
4. I will follow my intuition about what's right for my future and not be swayed by the expectations and demands of others.
5. Before I say "yes" (again) to something or someone, I will ask myself, "Is this new task in alignment with my goals? Will saying 'yes' make me happy? What will I have to sacrifice if I say 'yes' to this new activity?" Be honest and don't be afraid to put your own needs first every now and then!
6. I will be grateful for the body I was born with, taking time to appreciate its unique wonder. I will stand proud knowing that I am able to judge my own body by my standards, not by unrealistic media/advertiser standards.
7. Sometimes, I will leap before I look, take chances and give my dreams the chance to come true.
8. I will stop worrying about the future and start living right in the present. Really, really LIVING. Day by day, taking a moment to appreciate things just the way they are. I will make college about **learning** and relationship building instead of stressing over every individual grade, course and résumé builder - a flawless résumé means nothing if I'm burned out and unhappy before my career even begins!
9. I will nourish my body with healthy, whole foods, which will give me more energy, strength and endurance to live life to the fullest. I will remember that eating healthy is not about looking good in my jeans, but about how it makes me feel inside and out.
10. I will remember to go easy on myself and to embrace my mistakes as learning opportunities. After all, I'm fabulously human and am allowed MANY moments of imperfection.

Laugh a little more. Worry a little less.  
This could be your healthiest year yet!