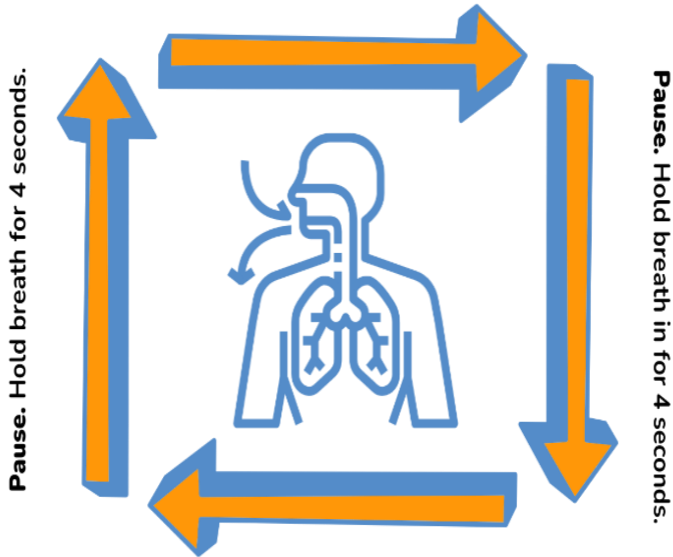


Mental Health Tips for College Students

Inhale. Breathe in through the nose for 4 seconds.



Exhale. Breathe out from the mouth for 4 seconds.

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5 Things You Can See 
- 4 Things You Can Feel 
- 3 Things You Can Hear 
- 2 Things You Can Smell 
- 1 Thing You Can Taste 

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Mental Health Apps for College Students: From <https://www.collegeconsensus.com/features/best-mental-health-apps/>

Breathe2Relax

Happify

Headspace

Calm

InsightTimer

Mindshift

Mood Tools

Sanvello

WorryWatch