

# STUDENT DE-STRESS GUIDE

## Little things that can make a big difference



Student life can feel like a lot. Deadlines, exams, money, friendships and future plans can all build pressure. You do not need to sort everything at once. Small actions can help you feel calmer, clearer and more in control.

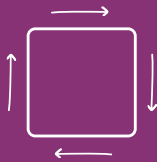
### Quick ways to reset

#### START SMALL

##### BOX BREATHING

Breathe in for 4  
Hold for 4  
Breathe out for 4  
Hold for 4

Repeat  
for  
1–2  
minutes



##### GROUND YOURSELF



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

#### RELAX YOUR BODY

##### PROGRESSIVE MUSCLE RELAXATION (PMR)

Gently tense each area for 3–5 seconds, then release

Hands and arms  
Shoulders  
Face and jaw  
Chest and stomach  
Legs and feet



**Notice the difference as your body softens**

#### PAUSE AND RESET

- Leave your desk for 5 minutes
- Roll your shoulders and unclench your jaw
- Get some fresh air or open a window
- Make a drink and take a proper pause
- Put your phone down for a short while



#### SMALL HABITS THAT SUPPORT YOU

- Try to keep a regular sleep routine
- Eat regularly and stay hydrated
- Build in short breaks while studying
- Move your body most days, even a little
- Stay connected with people who help you feel grounded

#### WHEN YOUR MIND WON'T SWITCH OFF

Write everything down to  
clear your head



Choose one small next step

Do something repetitive like walking or tidying

#### BEFORE EXAMS OR DEADLINES

- Pick one task only
- Set a 10 minute timer
- Put your phone on silent
- Ask for help early
- Remember that rest helps concentration

#### NEED MORE SUPPORT?

- Speak to your university or college wellbeing team
- Reach out to your GP if stress is affecting your daily life
- Talk to someone you trust
- If you feel unable to cope, ask for support straight away

#### A gentle reminder

You are not failing because you are feeling stressed. You are human. Start small. Little by little, things can begin to feel more manageable.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

[www.stress.org.uk](http://www.stress.org.uk)



Stress Management Society  
From distress to de-stress