Keep as structured a routine as possible.
- Try to participate in your normal activities and keep with as regular a schedule and routine as you can (even when you don’t feel like it).

Make sleep a priority.
- Most college students don’t get enough sleep and sleep deprivation is a major contributor to symptoms of depression and anxiety. Everything seems worse when you are tired. Going to bed and getting up at a similar time each day is ideal.

Eat regularly throughout the day and try not to skip meals.
- Find a balance between snacks you enjoy and foods you need to stay healthy.

Be physically active.
- Getting some joyful movement in each day is good for your brain and your body.

Reduce or eliminate caffeine and nicotine.
- This may include caffeinated coffee, soda, and tea, as well as energy drinks and excessive amounts of chocolate. Caffeine and nicotine are stimulants and may exacerbate symptoms of anxiety.

Turn to your friends and family for support.

Write.
- Keeping a journal allows you to express your thoughts and feelings.

Take time to listen to music, read a book for pleasure, improve your living space, or be creative— even for 20-30 minutes at a time.

Take time to pray, read your Bible, keep a prayer journal, or worship.

Practice relaxation techniques.
- Sit or lie down comfortably in a quiet space. Close your eyes and take a deep breath in, counting slowly to 5 while you breathe. Then exhale slowly, counting from 5 to 1 while you breathe out. Repeat ten times. You can do this anywhere to relax your mind and body.