

TAKE FIVE TO THRIVE!

- ◆ **Take 5 minutes a day** to just breathe, to center yourself, to “**chill**” - it’s a good way to manage stress
- ◆ **Take 5 minutes a day** to organize your schedule and responsibilities
- ◆ **Take 5 minutes** to talk to a classmate or your instructors to build relationships
- ◆ **Take 5 seconds** to calm yourself if you’re angry, before you say or do anything you’ll regret
- ◆ **Take care of the five important basics:** get a good night’s sleep, eat well, exercise daily, manage your time, and focus on positive relationships