

# MY WELLNESS PLAN FOR BREAK

Holiday breaks and breaks between quarters can be a great opportunity for rest and recovery, but they can also be a difficult time for students. Going home after living independently can feel challenging, and spending more time with family and old friends can be both wonderful and stressful. Use this worksheet to identify wellness practices to help you build resilience and handle stress as it comes over the break. Post it somewhere you will see often!

## SOURCES OF SUPPORT

*Who can you contact for support when you are stressed?*

Friends:

Family:

Professionals (counselor, doctor):

## FREE, ANONYMOUS, CONFIDENTIAL RESOURCES

**Crisis Text Line:** Text HOME to 741741

**988 Suicide & Crisis Lifeline:** Call or text 988

**Trevor Project:** [thetrevorproject.org/get-help](https://thetrevorproject.org/get-help)  
Supporting LGBTQ+ Youth. Text, phone, & chat options.

## DISTRACTION

*Sometimes, having places to go or people to call to distract yourself from stress can be helpful.*

What are some **places** you can go during break for distraction (examples: take a walk, a coffee shop):

What are some **activities** you can use for distraction over break (examples: watch a movie, read a book):

Who are some **people** you could reach out to during break for distraction:

## SELF-CARE

*Trying to be intentional about your self-care can help your stress levels. Circle the ideas below you think you could use over break, and fill in some of your own ideas!*

- |                               |                                     |
|-------------------------------|-------------------------------------|
| Drink Enough Water            | Go for a Walk                       |
| Keep a Healthy Sleep Schedule | Schedule Breaks for Me Time         |
| Take a Coloring Break         | Keep a Gratitude List               |
| Watch a Movie                 | Take a Deep-Breathing Break         |
| Set Boundaries with Family    | Tell Yourself Positive Affirmations |
| Keep a Journal                | Stretch Your Muscles                |
| _____                         | _____                               |
| _____                         | _____                               |

## POSITIVE COPING SKILLS

*List some healthy ways that you deal with stress (examples: listen to music, coloring, go for a walk):*

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Information courtesy of the [Counseling and Wellness Center](#) at WWU. To request this handout in an alternate format, call 360-650-3164 or email [cwc@wwu.edu](mailto:cwc@wwu.edu). AA/EO. Rev. 11/2022