

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):

POSITIVE COPING SKILLS

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

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:

FREE 24/7 CRISIS RESOURCES

988 National Suicide & Crisis Lifeline: Call or text 988

Crisis Text Line: Text HOME to 741741

Community Crisis Line: Call 1-800-584-3578

Trevor Project Preventing Suicide Among LGBTQ+ Youth: Call 1-866-488-7386 or text 678678

Trans Lifeline: 1-877-565-8860

Veterans Crisis Line: Call 988 then press 1 or text 838255

National Domestic Violence Hotline: Call 1-800-799-7233 or text START to 88788

Domestic Violence and Sexual Assault Support Services of Whatcom County: Call 1-877-715-1563

COUNSELING
AND WELLNESS
CENTER



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. AA/EO. Rev. 12/2023.

SELF-CARE STRATEGIES

Being 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!



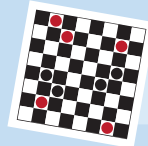
**TAKE A WARM
BATH/SHOWER**



**ENJOY A CUP OF TEA IN
YOUR FAVORITE MUG**



**TAKE A WALK
IN NATURE**



**PLAY A
BOARD GAME**



**CALL A FRIEND OR
FAMILY MEMBER**



**KEEP A HEALTHY
SLEEP SCHEDULE**



**PRACTICE A HOBBY
YOU ENJOY**



**DO YOGA/GENTLE
STRETCHES**



**MAKE A GIFT
FOR SOMEONE**



**DRINK ENOUGH
WATER**



**ENJOY A TV SHOW,
MOVIE, OR PODCAST**



**JOURNAL/WRITE
FOR FUN**



**READ A BOOK
FOR PLEASURE**



**PLAY
WITH PETS**

My Self-Care
Strategy

My Self-Care
Strategy