



A colorful and whimsical coloring page featuring a central teal star-shaped pool with a blue and white checkered border. The pool is surrounded by various tropical plants, including green and white leaves, orange and green flowers, and white clouds. The background is filled with large, flowing white lines. The text "Stress Less Gators" is written in a white, bubbly, cursive font across the pool. Small white, orange, and green circles are scattered around the text. In the bottom right corner of the pool, the "GatorWell" logo is visible, featuring a white star.

Stress  
Less  
Gators.

GatorWell

# **STRESS LESS, GATORS**

## *Coloring Book*

Hello Gators,

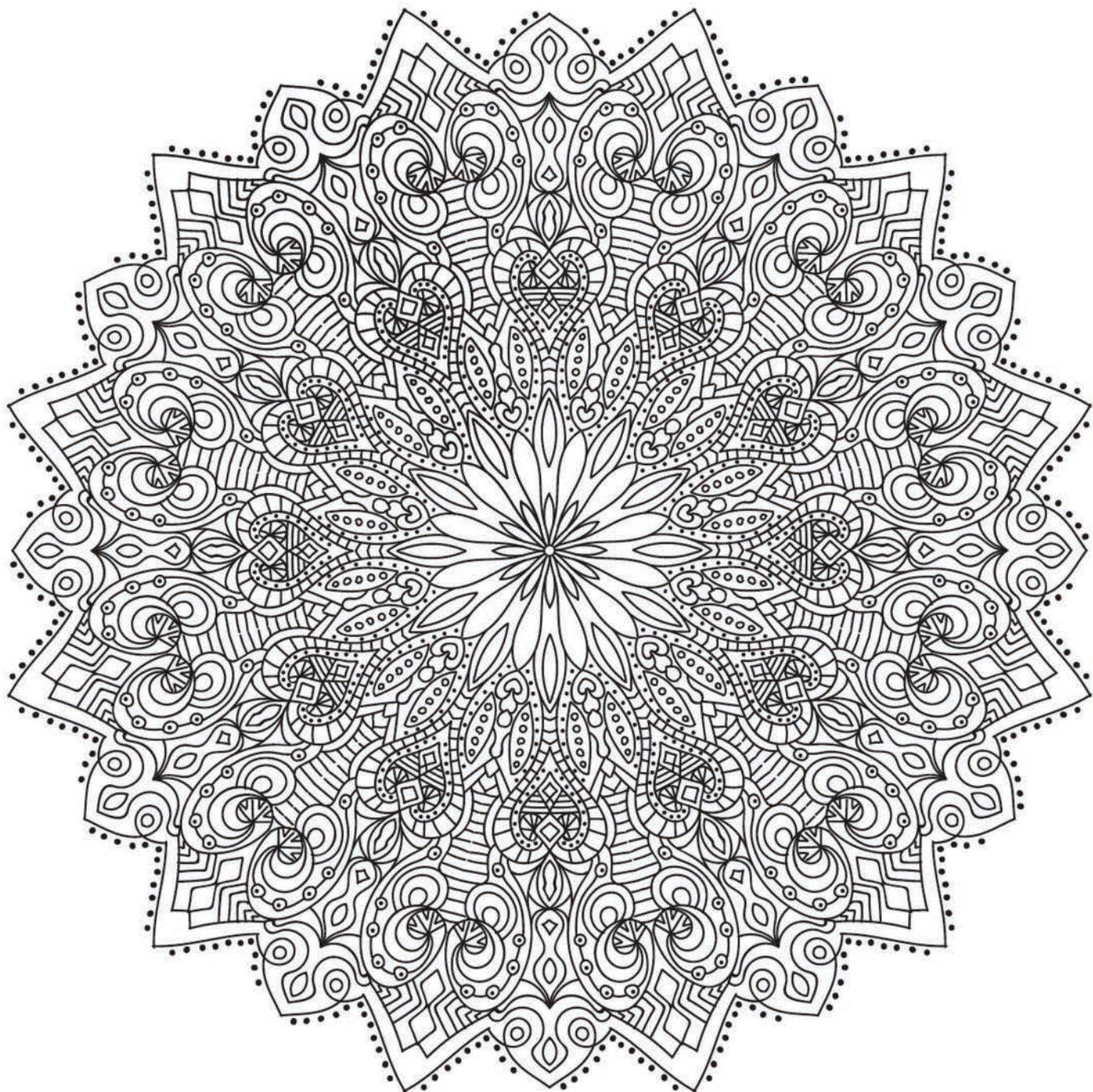
It's important to take some time to relax and unwind. Use this book to take a break, color, and be creative! For more ideas about how to relax and take care of yourself check out the resources on the back page.

Be Well,  
GatorWell









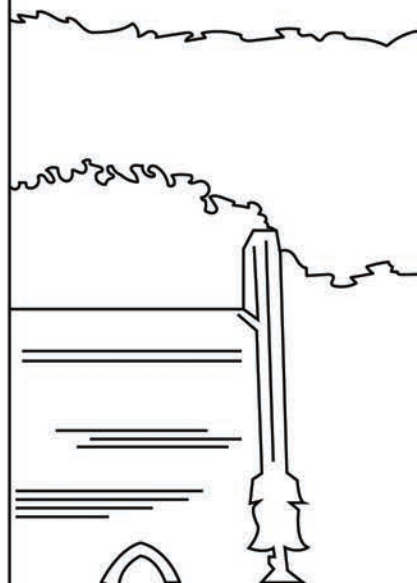
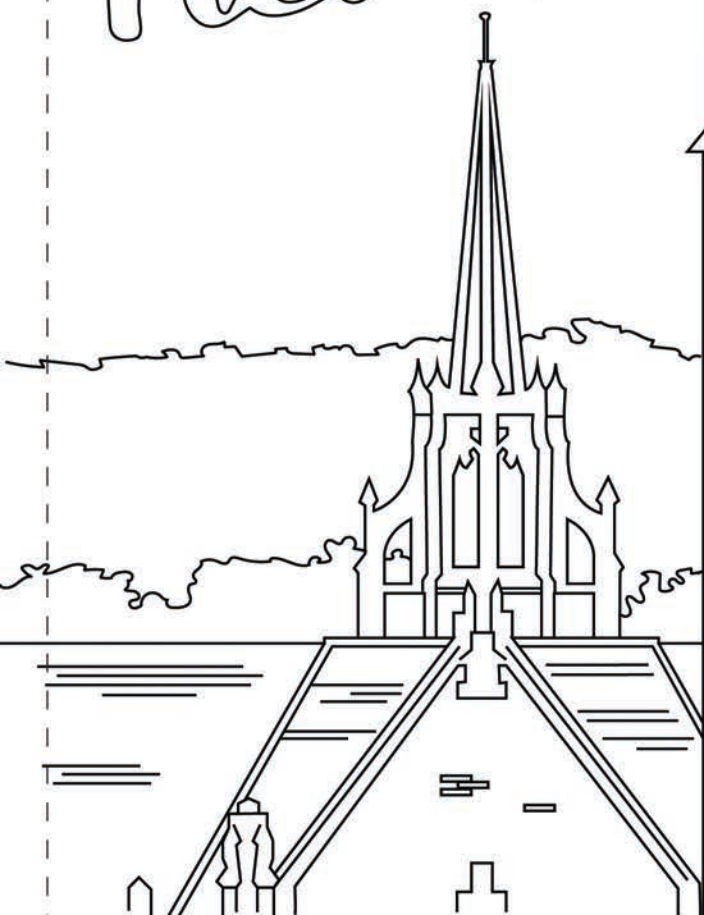
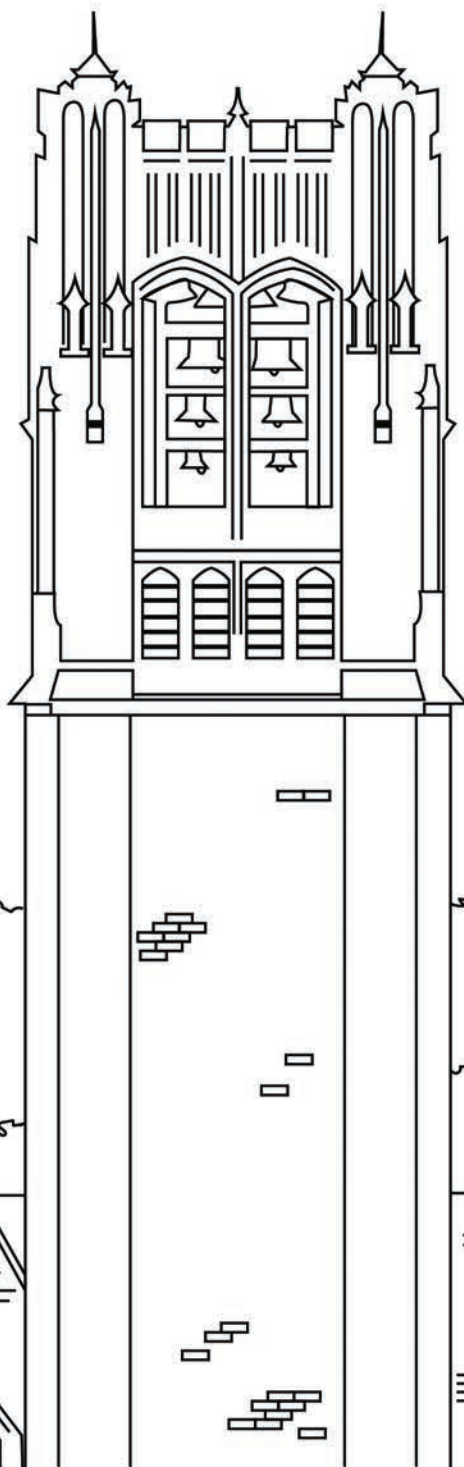




I can hear

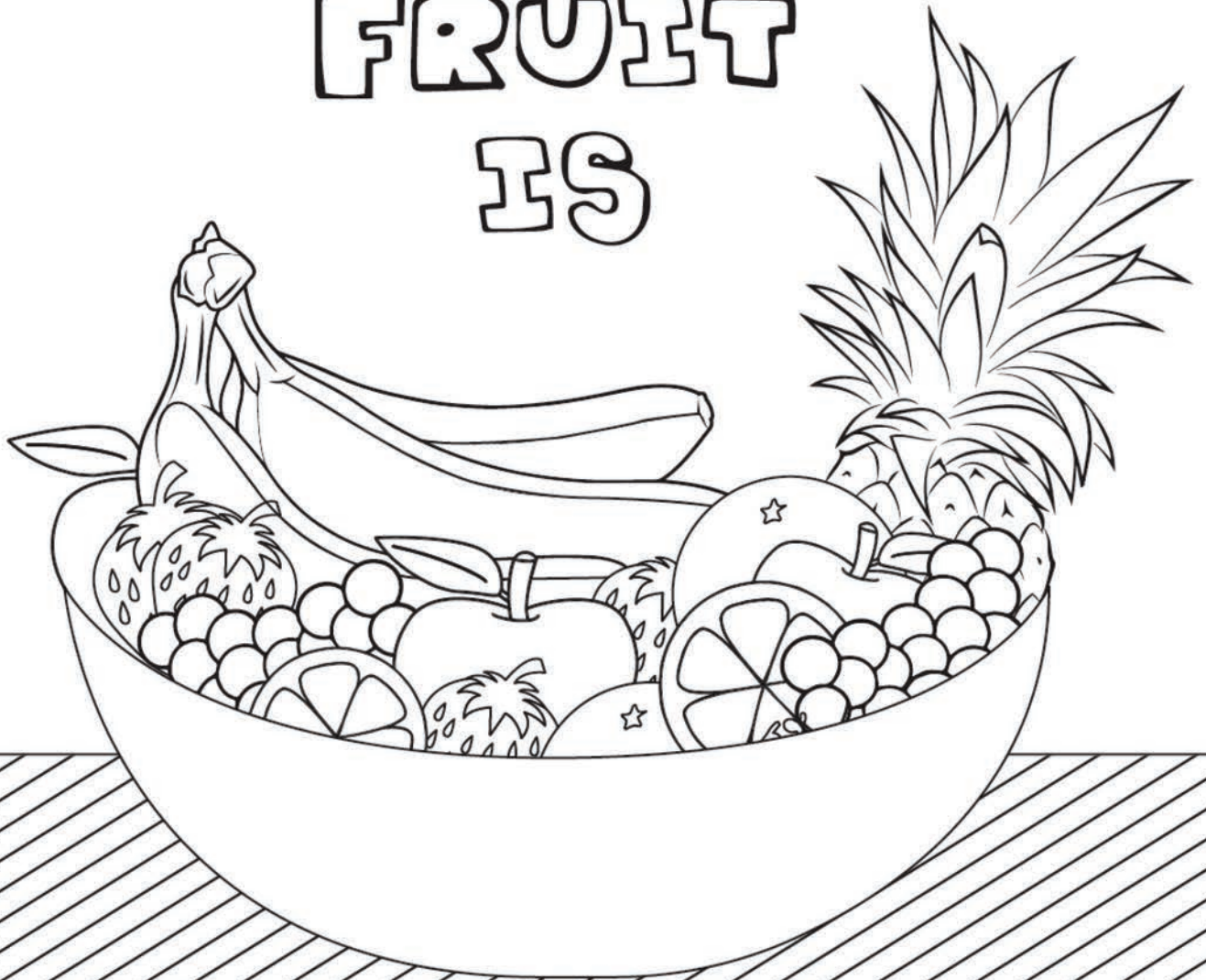


THE BELL TOWER

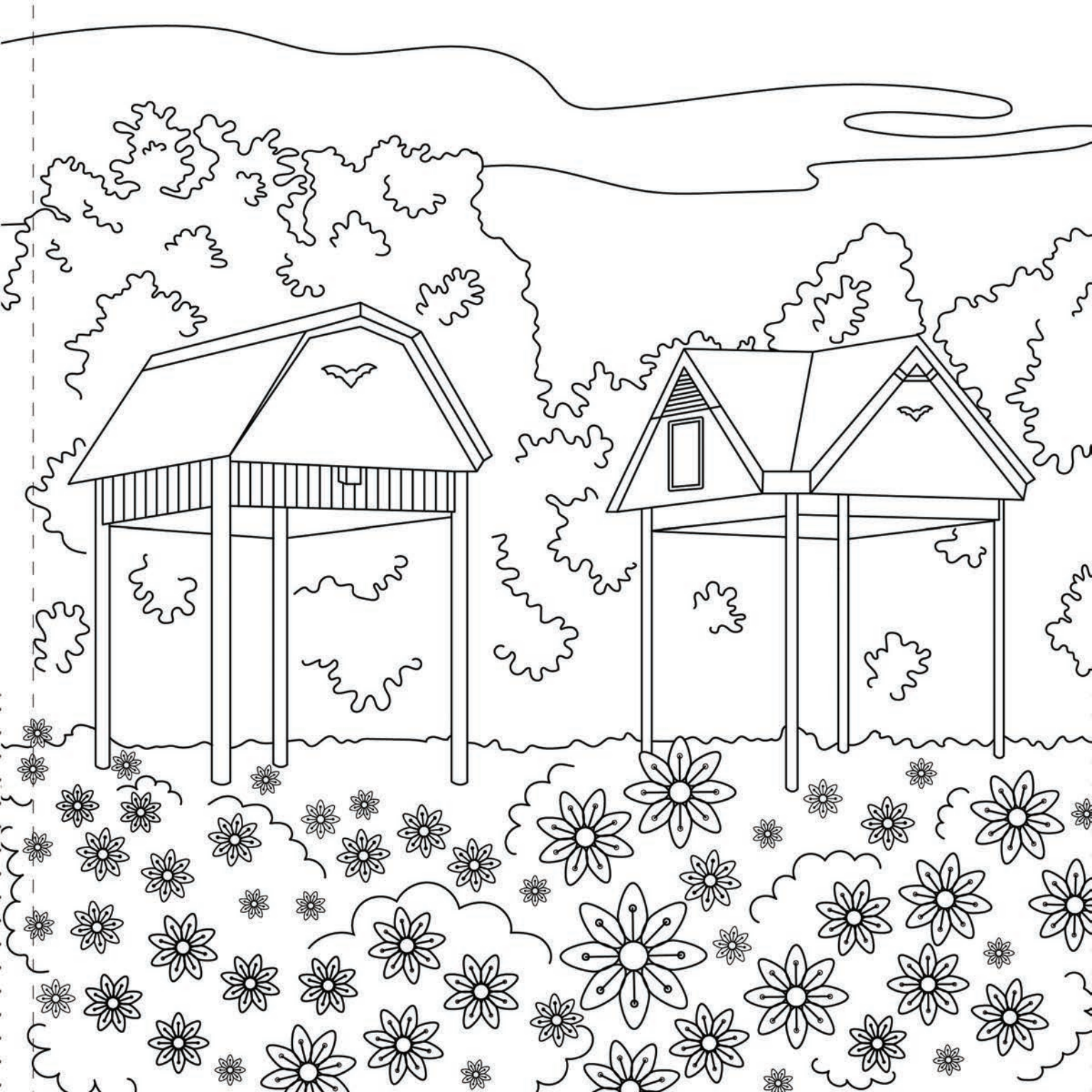





**FRUIT  
IS**



**NATURE'S CANDY**







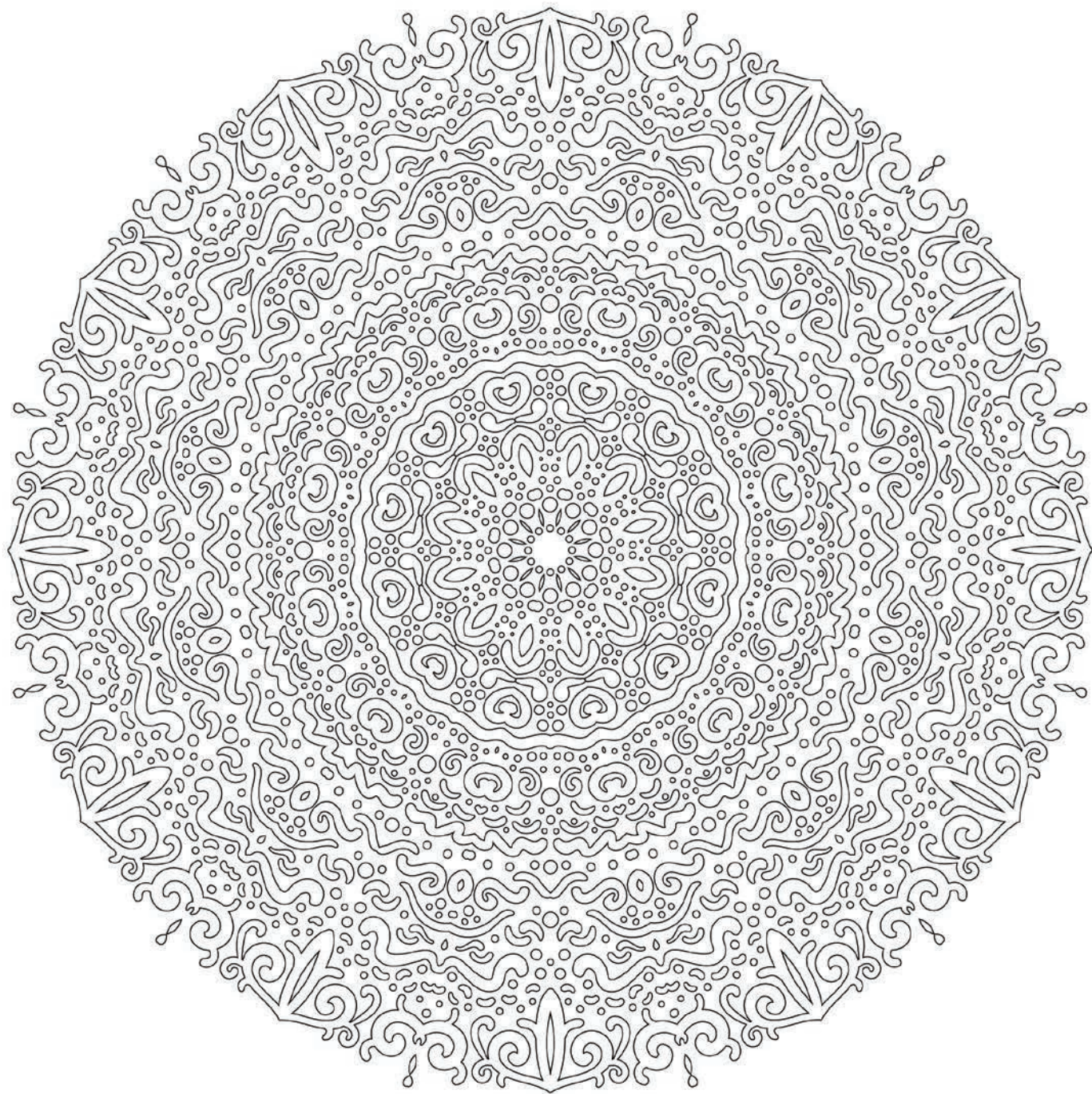
*believe  
you can*



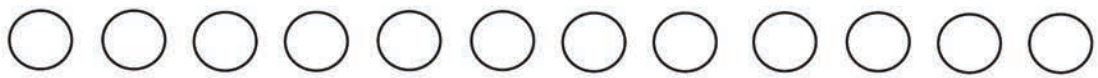
Chomp

o'Elock





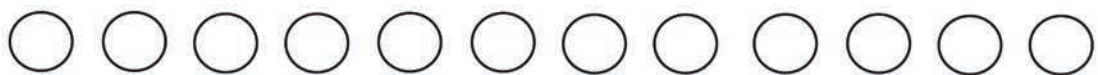




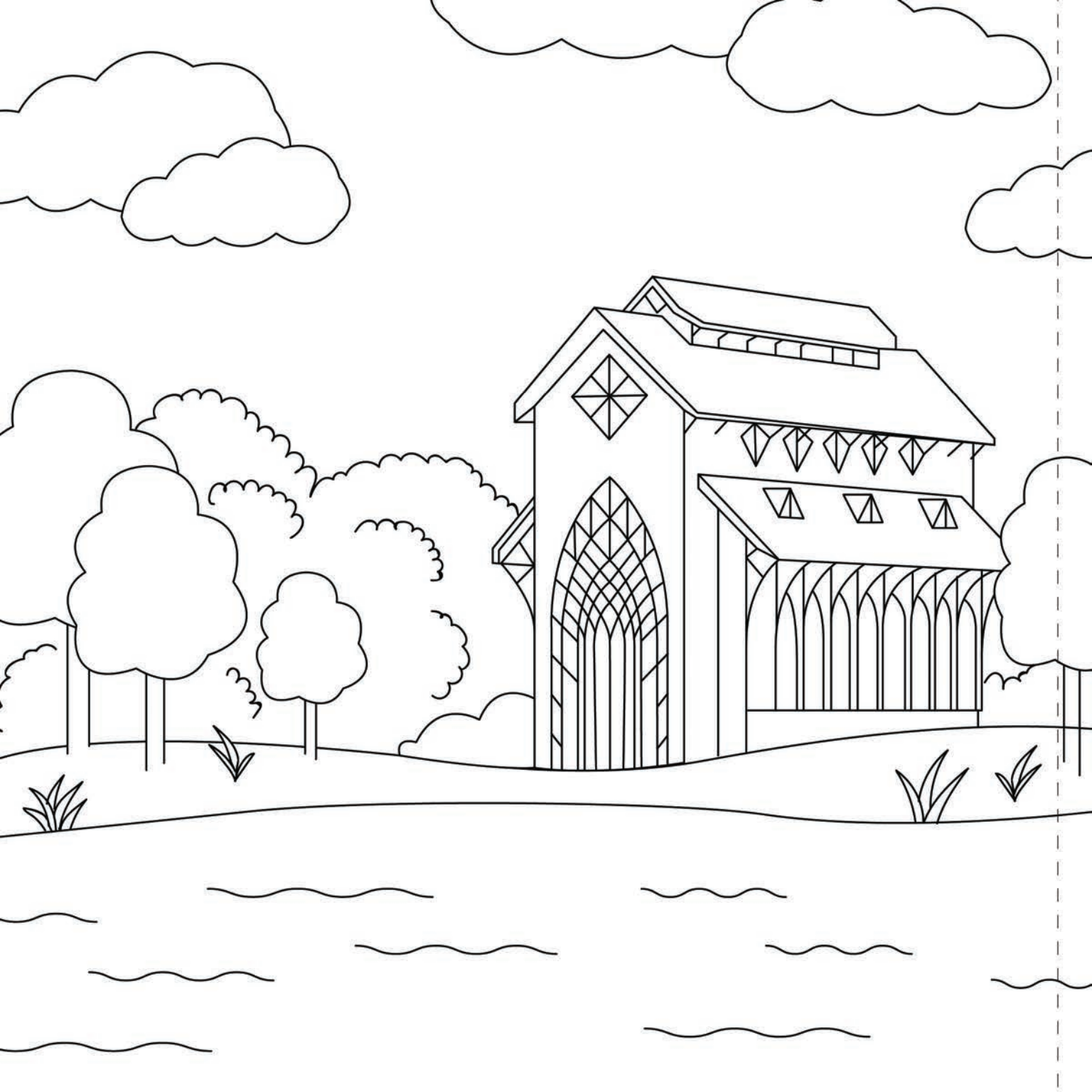
*lounging around in the*

FLORIDA

*sunshine*







follow  
your  
dreams





STRETCH

Wellness

COACHING

Time Sleep healthy

QUIT TOBACCO

alcohol



Active

EMERGENCY & OTHER

drugs

TESTING

interpersonal violence

PREVENTION

resources educational presentations

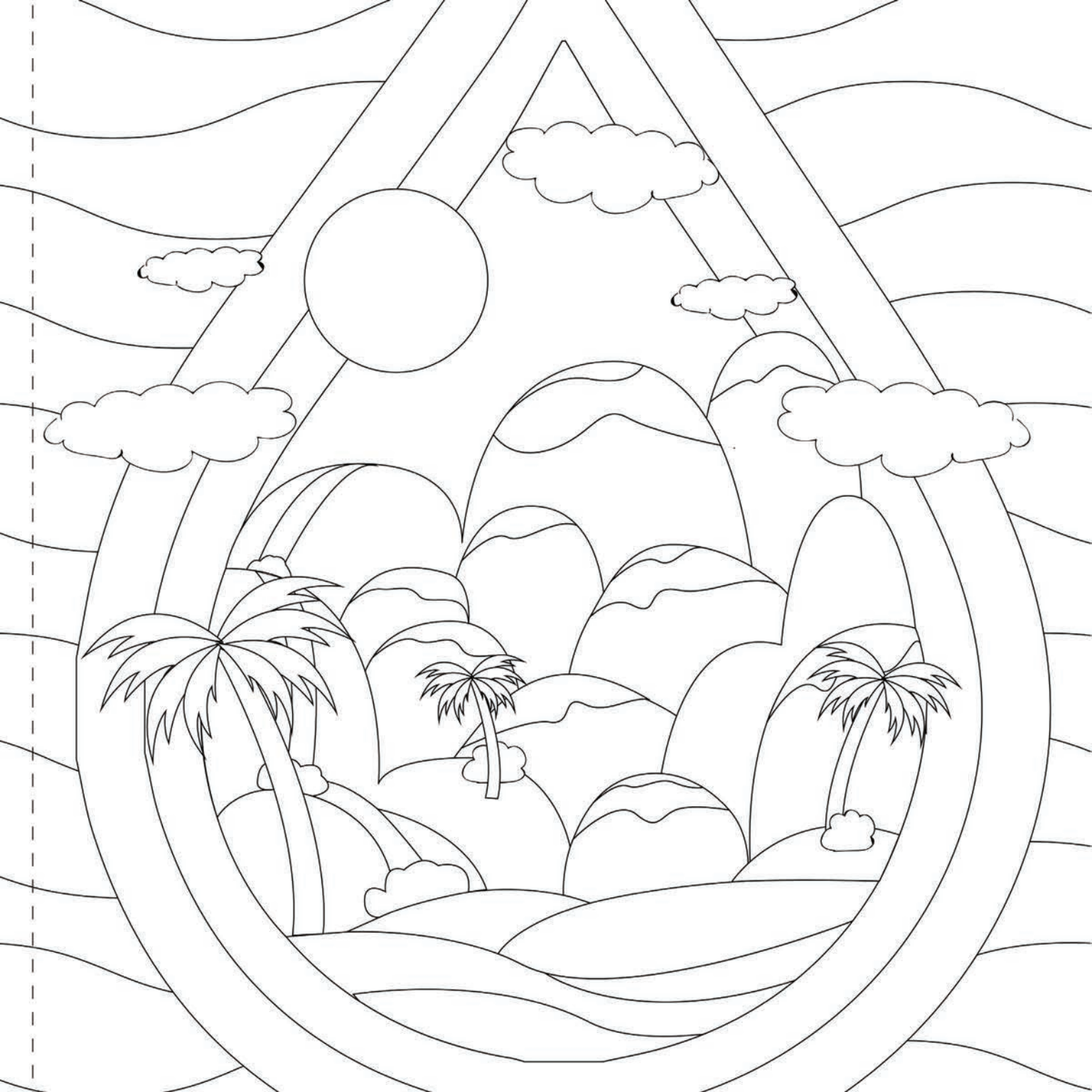
HEALTH

body

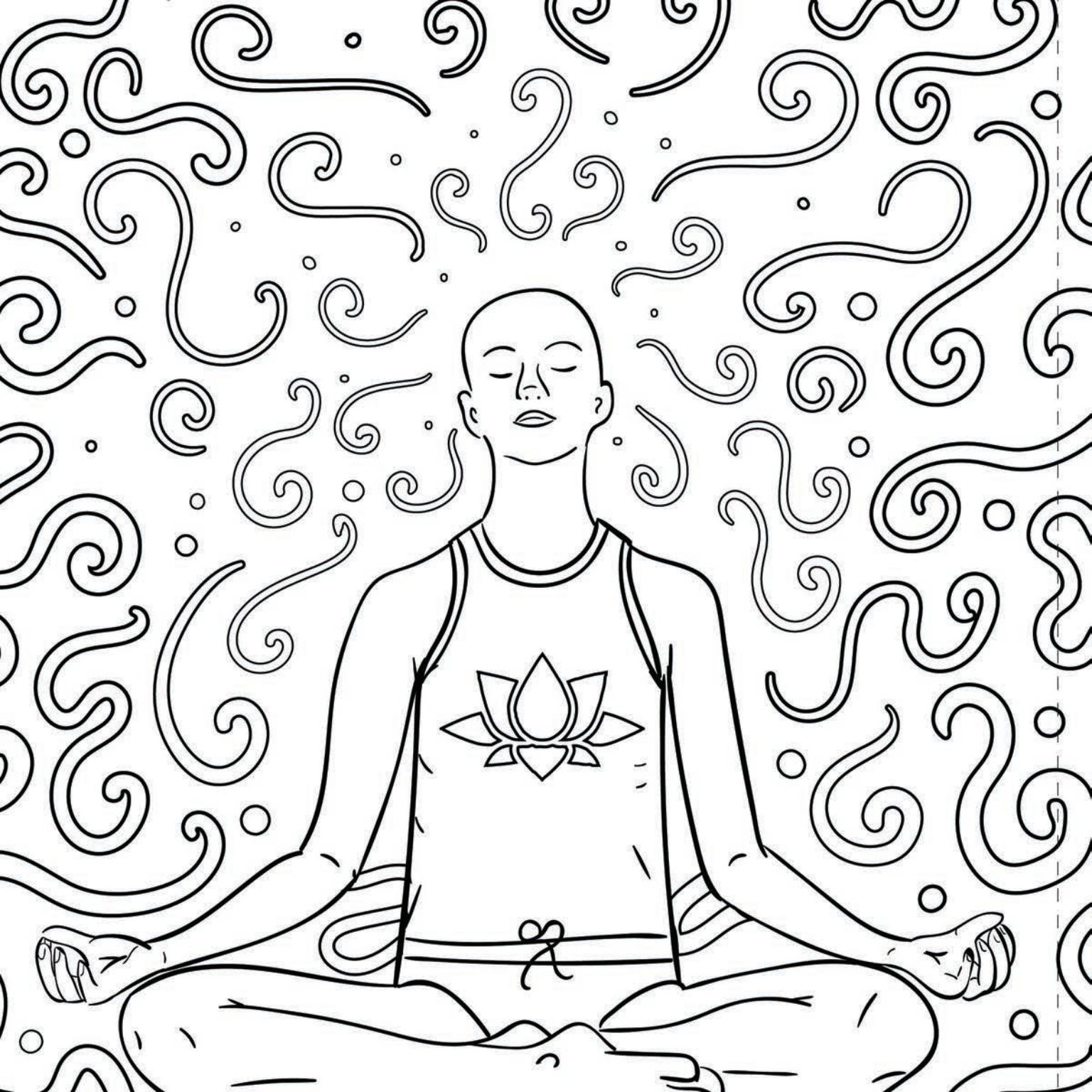
image

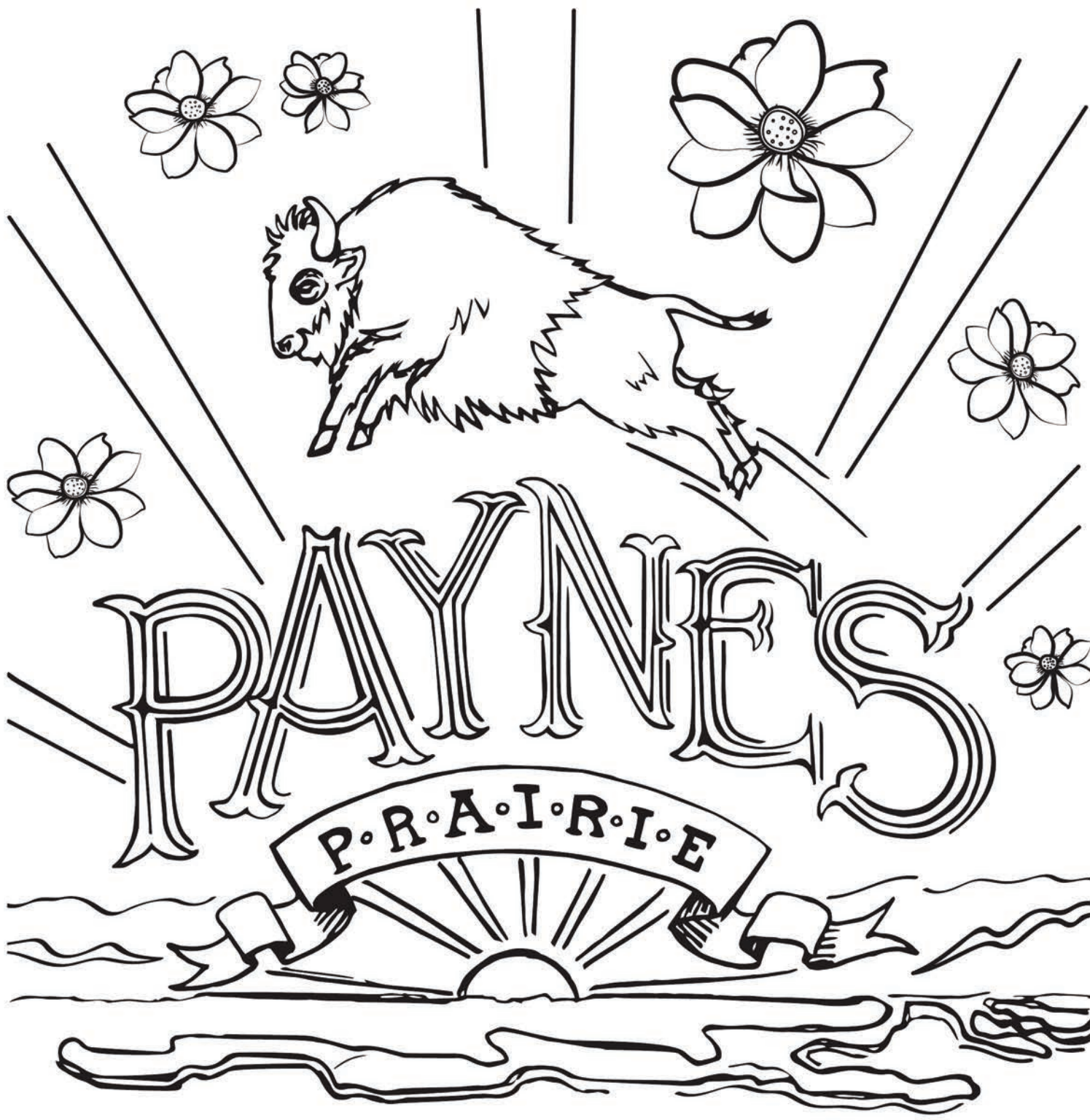
EATING

concerns



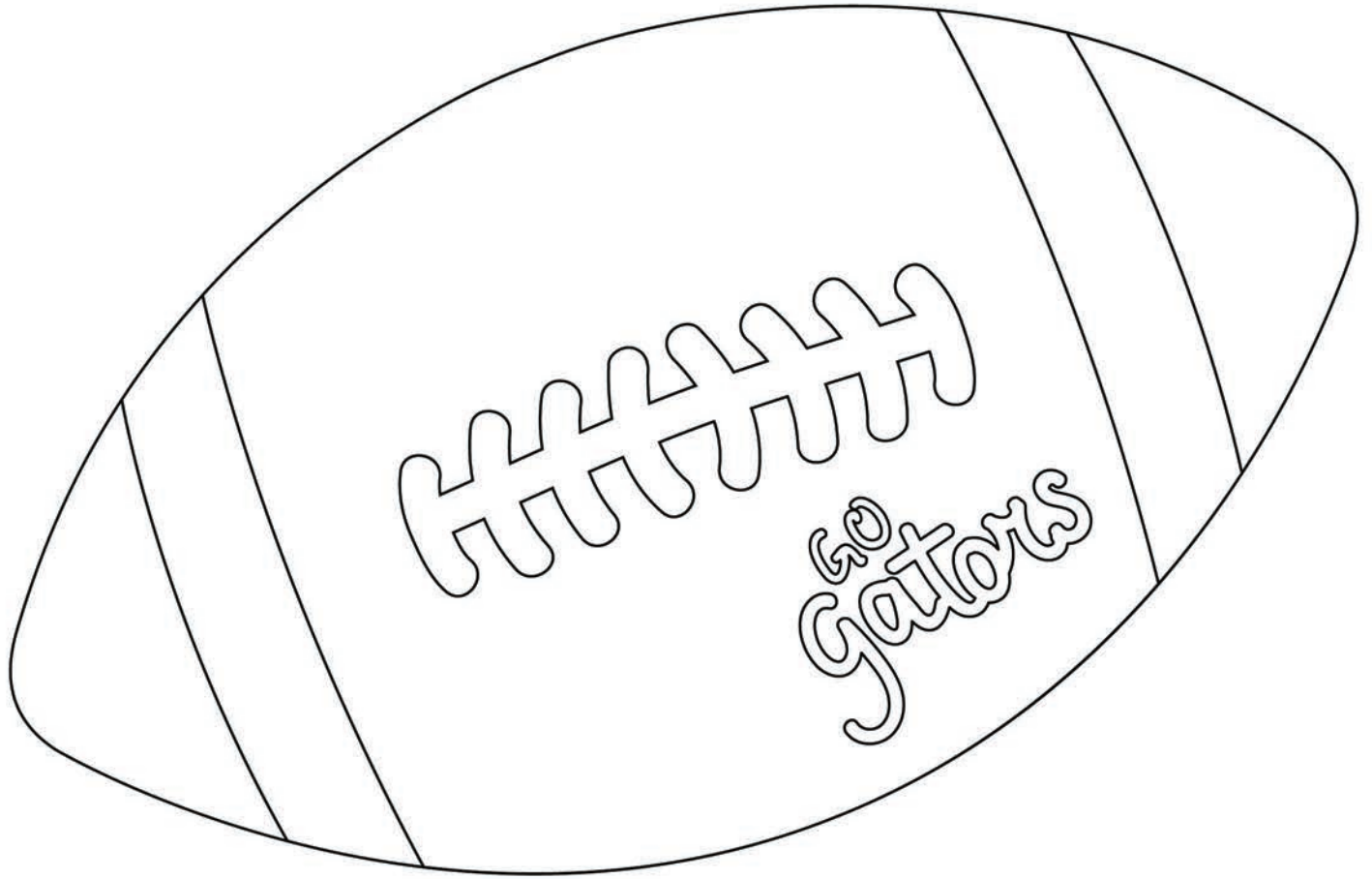








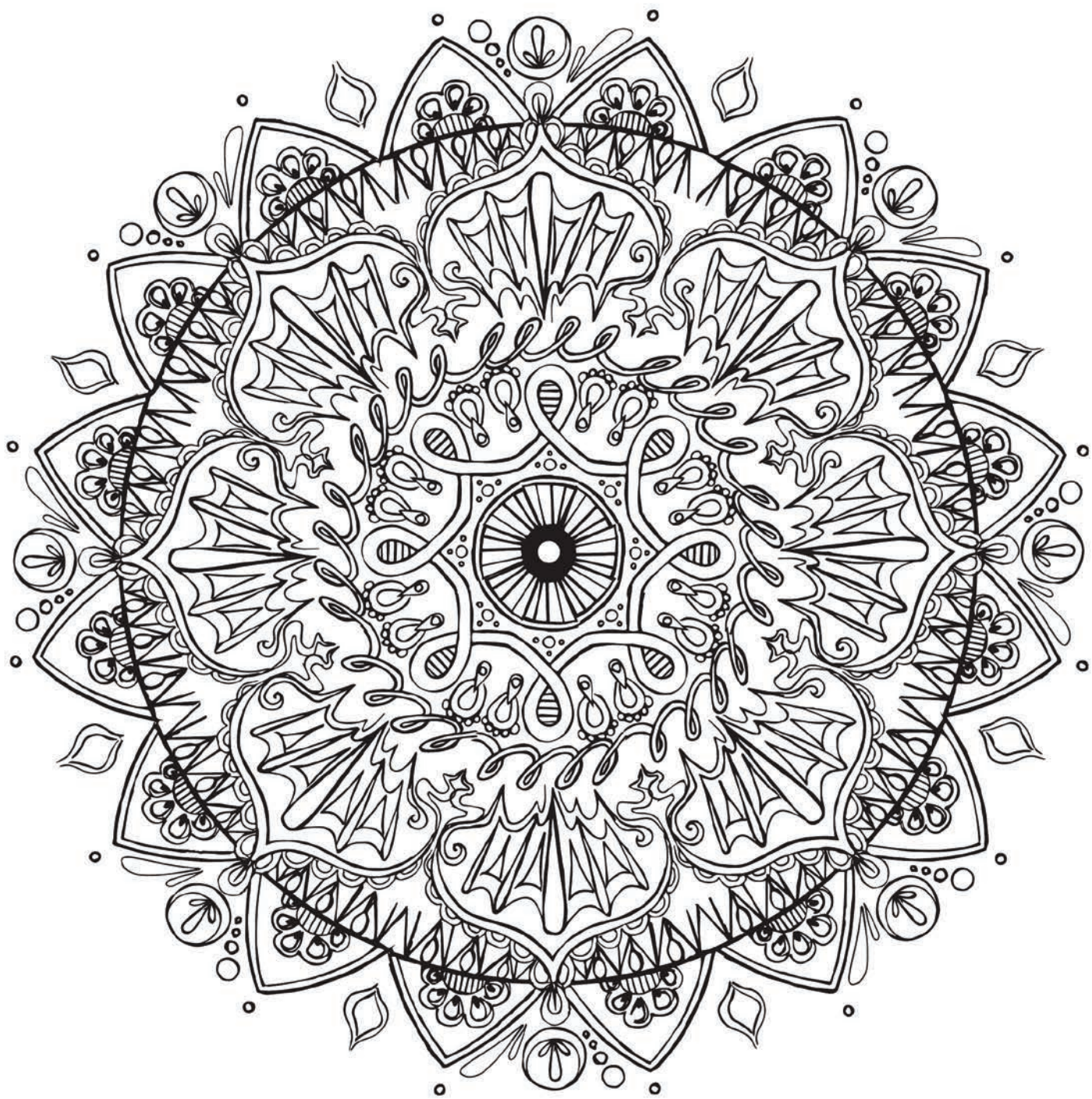




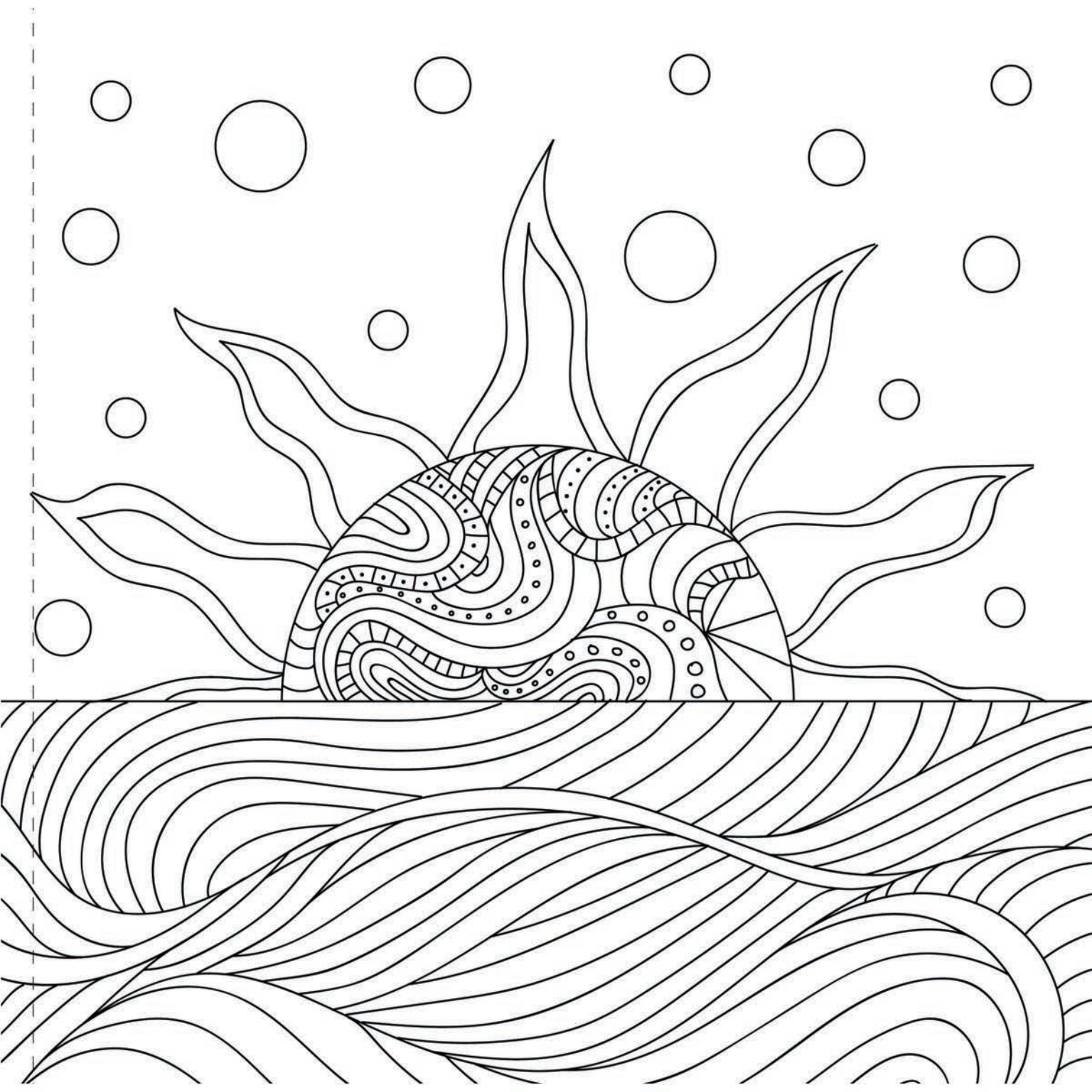
If you could design a football, what would it look like?

*Take a crack at the one above.*

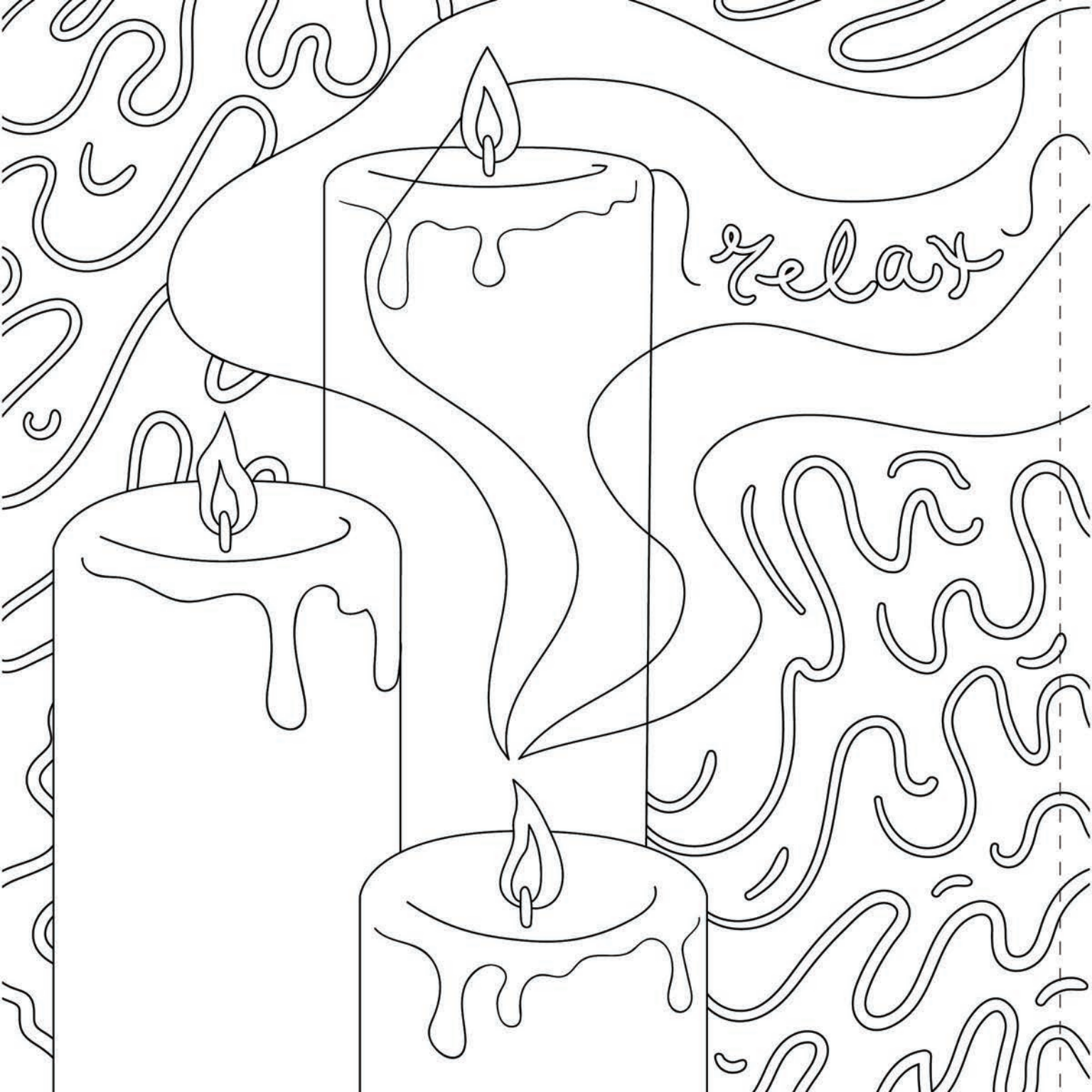










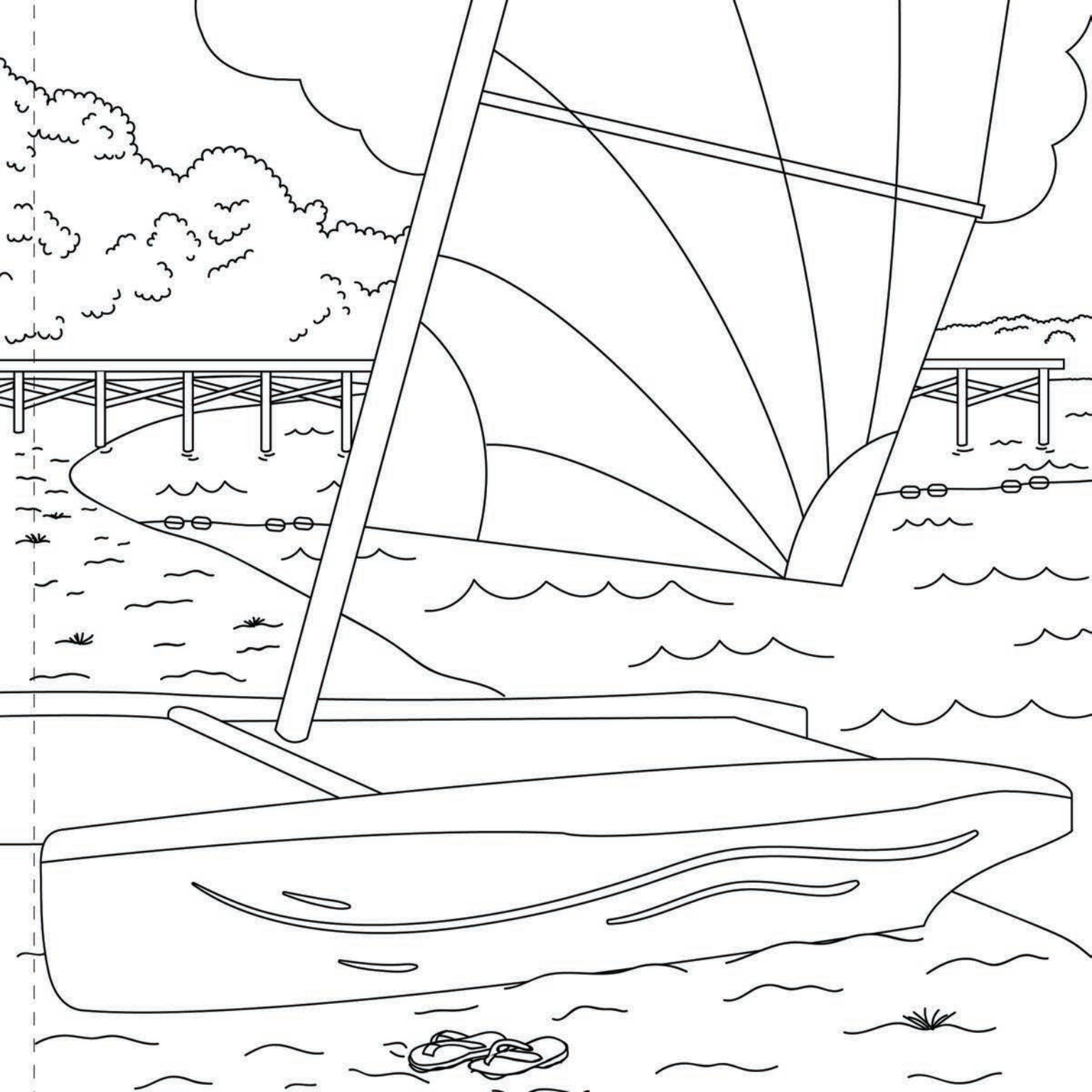


Relax











# RESOURCES

## ON CAMPUS

**GatorWell Health Promotion Services.** [www.gatorwell.ufsa.ufl.edu](http://www.gatorwell.ufsa.ufl.edu)  
Visit our website for more stress management tips and tools as well as information about wellness coaching for academic success.

**Counseling and Wellness Center.** [www.counseling.ufl.edu/cwc](http://www.counseling.ufl.edu/cwc)  
Visit the CWC website for information about individual and group counseling, workshops, and more.

**RecSports.** [www.recsports.ufl.edu](http://www.recsports.ufl.edu)  
Visit the RecSports website to learn about how to stay active and take care of your physical wellness. They offer yoga, massage therapy, and more.

**U Matter, We Care.** [www.umatter.ufl.edu](http://www.umatter.ufl.edu)  
Visit the U Matter, We Care website if you or a fellow Gator are in distress. They can help you connect to available resources.

## ONLINE

*Meditation/ Visualization information and Apps*  
[www.calm.com](http://www.calm.com)  
[www.headspace.com](http://www.headspace.com)  
[www.soundcloud.com](http://www.soundcloud.com)

## TIPS TO STRESS LESS

[www.nmha.org/live-your-life-well](http://www.nmha.org/live-your-life-well)  
[www.cmhc.utexas.edu/stressrecess/index.html](http://www.cmhc.utexas.edu/stressrecess/index.html)  
[www.gatorwell.ufsa.ufl.edu/health\\_topic/stress#Additional2](http://www.gatorwell.ufsa.ufl.edu/health_topic/stress#Additional2)

*Research and Resources*  
[www.apa.org](http://www.apa.org)  
[www.samhsa.gov](http://www.samhsa.gov)  
[www.ulifeline.org](http://www.ulifeline.org)  
[www.halfofus.com](http://www.halfofus.com)

GatorWell Health Promotion Services  
University of Florida  
(352)-273-4450 | [gatorwell.ufsa.ufl.edu](https://gatorwell.ufsa.ufl.edu)



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