Stress Less Gators
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
"Not all those who wander are lost."

J.R.R. Tolkien
I can hear the bells
FRUIT IS

NATURE'S CANDY
believe you can
lounging around in the Florida sunshine
follow your dreams
If you could design a football, what would it look like?

Take a crack at the one above.
RESOURCES

ON CAMPUS

GatorWell Health Promotion Services. 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
Visit the CWC website for information about individual and group counseling, workshops, and more.

RecSports. 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
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
www.headspace.com
www.soundcloud.com

TIPS TO STRESS LESS

www.nmha.org/live-your-life-well
www.cmhc.utexas.edu/stressrecess/index.html
www.gatorwell.ufsa.ufl.edu/health_topic/stress#Additional2

Research and Resources
www.apa.org
www.samhsa.gov
www.ulifeline.org
www.halfofus.com