With no Fall break in the calendar, don’t forget to take time out for yourself. Here are some ideas for a mini-break:

1. Think strategically about a day, morning or afternoon that you can plan to take off as your mental health day and then spend it only on things that nourish your well-being—even if that involves doing...absolutely nothing.

2. Set up a time to watch a favorite movie or a movie you have been wanting to see. This should be time that is devoted only to this so that you are freed up from feeling that you “should be” doing something else. Make popcorn and try not to multitask too much.

3. Greensboro is full of green spaces. Pick a park to go explore. Greensboro Parks and Gardens

4. If you are not into parks or gardens, find a place away from home, campus or the library to spend some time. This might be taking a walk in downtown Greensboro or finding a part of campus you have not gone to and exploring it.

5. Give your body a mini-break. Try 3 minute chair yoga or start, interrupt or end your days with a sun salutation

6. Watch a TED talk on how to see stress differently: How to make stress your friend.

7. Explore your creativity with these Art therapy techniques to help you de-stress.

8. Practice gratitude either by writing out a journal entry describing in detail a moment, interaction, experience in which you felt truly grateful. Write a text, email, or letter to someone you feel genuinely thankful for. Here are some gratitude exercises: Gratitude Exercises. You can also spend just a few minutes doing a gratitude meditation. A meditation script is here. A short guided meditation is here.

9. Sometimes getting out of our small worlds and reaching out to others can be a way to take a break and generate positive feelings. Practice small acts of kindness. Here is one way to do this, but you may develop your own ideas based on what is meaningful in your life.

10. Read up on some self-care ideas at Self-care.