Take 5 minutes a day to just breathe, to center yourself, to “chill” - it’s a good way to manage stress

Take 5 minutes a day to organize your schedule and responsibilities

Take 5 minutes to talk to a classmate or your instructors to build relationships

Take 5 seconds to calm yourself if you’re angry, before you say or do anything you’ll regret

Take care of the five important basics: get a good night’s sleep, eat well, exercise daily, manage your time, and focus on positive relationships