

LET'S DECOMPRESS

TAKE A DRIVE



Commuting home after work, class, or studying gives professionals time to refresh and get in the right mindset before they get home. We may not commute as often these days, but we still have the option to drive!

Consider taking a 10-minute drive to unwind and separate your "work" self from your "home" self.

CULTIVATE MINDFULNESS



Practicing mindfulness allows students to focus on the present moment and turn their attention away from past stress or triggers. Take a mindful moment now to help yourself be fully present and enjoy the rest of your evening.

[Click here for some guided meditations.](#)

TREAT YOURSELF



To Uber Eats, a bubble bath, or both! Focus on all you've accomplished today and congratulate yourself on what you were able to finish. This can boost your mood temporarily and also encourage you to continue working hard in the future!

REST



Get plenty of sleep. Take a nap or go to bed a little earlier tonight. Your body and mind have worked hard today. They need a break, too.