



mindful hub

well-being, right now.

## Mindfulness for College Freshmen

So you're about to go off to college for the first time and you're freaking out. Of course you are! Leaving home for the first time to be on your own in a new place filled with new people can make anyone anxious. Before you stress yourself out too much, take a second to follow this worksheet. And if you're still feeling overwhelmed at the end, talking to someone about your worries may be helpful.

1. First off, take a few deep, mindful breaths right now (learn more about breathing for stress reduction at [mindfulhub.com](http://mindfulhub.com)). Try to start this as relaxed as you can. Why are you so stressed out, exactly? Are you worried more about the academic aspect of college or maybe the social aspect? Maybe a little bit of both? Something else? Take a minute to think about.
2. If you're worried more about academics, look into what your college has to offer. It's the goal of any school to have their students succeed. Get online or call your school to find out about tutors or study groups available for students, a learning center devoted to students with learning disabilities, and the resources at the library. Some schools even have workshops on "time management skills" and "how to get the most out of your reading in the least amount of time". Using these resources will help you calm down so you can do your best.
3. If you're worried more about the social side of college (and hey- who's not???), hop back on that computer and check out what clubs your school has to offer. Many schools offer academic clubs, such as Biology or Anthropology club, where you can talk to other students with your major. Most schools also offer diversity clubs, such as the International club or Pride club, where you can go to find other students like yourself that may come from similar experiences or backgrounds. Finally, many schools also offer social clubs, such as Knitting or Book club, where you can have some down time with students who have similar interests. Joining clubs is a quick and easy way to find possible friends.
4. Finally, a good way to go to college prepared is to make a list of everything you need. From books to pencils to curtains to a laundry basket, get it all on a list. If you don't have the funds for everything on your list, check into getting things used. Also, if you know you're going to have a roommate, try to contact them and see what they already have. This way you don't end up with two TVs, microwaves, or fridges.
5. Lastly, or maybe firstly, get to know your school's wellness center and visit it often. Join a yoga or meditation class to help manage stress.

Getting ready for school for the first time can be nerve-racking. Staying mindful can help keep you stay relaxed and ready for the challenge. For more information on basic stress-reduction skills, go to [mindfulhub.com](http://mindfulhub.com)

***We wish you twenty minutes of mindfulness every day!***

