

What to do if
you experience:

Emotional

Stress

or

Burnout

1. Do something every day that brings you joy



2. Lean on your friends.



3. Breathe!



Stay Present

4. Try something new

OR
Reconnect to an old interest



5) Express yourself.
Don't bottle it up!



7. Move your
BODY



6. Find a path
to closure...



...or a way to
let go.

8. Masturbate (no, seriously).

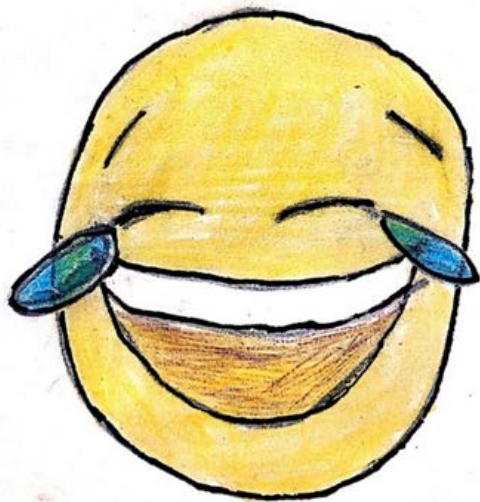


It's relaxing and self-care.

9. Take time away from phone and social media



11. Find things that make you laugh



10. Be real



With yourself and with others.



12.

STAY SAFE!



If you feel you are at risk for harm or out of control...

ask for help!

13. Take care of your Body



14.

Spend time with others...



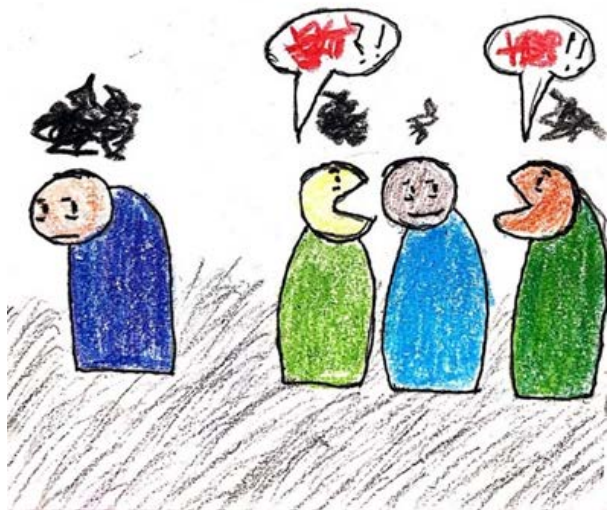
Whose company you enjoy

15.

ALLOW YOURSELF TO CRY



16. Realize you are not alone... commiserate and TALK IT OUT



17) Share a fear, hope
or secret with
someone you trust



18.  Connect
with
a
Counselor

Baruch College
Counseling Center
646-312-2155

or
NYC WELL 24/7
hotline
1-888-692-9355

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