

Simple Ways to Detox

Everyday tips for the stressed college student

Take a chill pill and just breathe every once in a while



Extra Sleep

As an on-the-go college student, we often forget about one of the most important parts of our day: sleeping. And I am not talking 4-5 hours. If you don't get enough sleep one night, take a 30 minute power nap and you will be a new person.

Bubble Baths

Don't underestimate a good old fashion bubble bath. Sure showers may be quick, but if you have time, candles, and your favorite wine a warm bath is perfect to relax the muscles and calm your nerves in no time.

Cup of Tea

One of the most comforting and calming things is a warm mug of tea. Green tea with lemon or honey or peppermint tea hits the spot especially after a long day. Not a fan or either? Try another flavor! There are endless types to choose from.

Eat Your Veggies

I understand- fast, easy meals are often a necessity when it means getting things done in college. Eventually junk food starts to wear on your physical and mental state. Vegetables, especially greens, help revitalize and cleanse the body. Don't have time to cook every night? Meal prep at the beginning of the week and just heat it up!

Me Time

There is nothing wrong with taking a day to yourself to gather your thoughts and relax- it helps clear your mind and prepare you for the coming week. If life is getting too hectic, take a day and reward yourself with a shopping spree, some ice cream or a good book... sometimes even if it means skipping class!