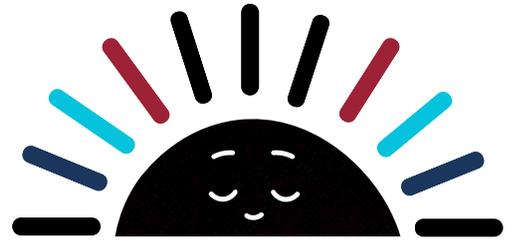


Mindful Study Abroad



Studying abroad is an incredible opportunity, but it can come with a range of feelings, including stress. Practicing mindfulness can help you cope with your feelings and maximize your time abroad.

1

When you're feeling overwhelmed, STOP. Stop what you're doing, **T**ake a deep breath, **O**bserve how you're feeling both physically and mentally, and **P**roceed with intention.

2

Ground yourself using sensory exercises to provide immediate relief. You can place your hands in water, hold a piece of ice in your hand, or touch or hold something comforting,

3

Intentionally engage in a breathing exercise to signal to your brain that it's time to be calm. An easy exercise is to inhale for 4 seconds, then exhale for 4 seconds. Repeat a few times.

4

Physical exercise can boost your endorphins and reset your emotions. Examples include: going for a walk, dancing to your favorite song, or practicing a few yoga poses.

5

Use the 5-4-3-2-1 practice. What are 5 things you hear? What are 4 things you see? What are 3 things you can touch? What are 2 things you can smell? What is 1 thing you can taste?

6

Rest is key to your brain function. Do your best to maintain a consistent sleep schedule and try disconnecting from your phone and computer for at least 1 hour before bed.

7

Connect with other people to give yourself a sense of community and support. You could join a club or society, attend an Arcadia event, or arrange a dinner with your flatmates.

8

Get free professional help. International SOS can schedule routine therapy for you or connect you with a "single session" of therapy if you're in crisis. [Call ISOS 24/7.](#)