Navigating & Thriving in College – Resources

Stress Management

[99 Self-Care Activities That Can Improve Your Quality of Life - GoodRx](https://www.goodrx.com/health-topic/mental-health/self-care-ideas-activities)

[The 7 types of rest that every person needs |](https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/)

School-Life Balance

[Study Spaces – UW Libraries](https://lib.uw.edu/services/spaces/study/)

Building Community & Minimizing Comparison to Others

[100 Icebreaker Questions for College Students](https://www.signupgenius.com/College/icebreaker-questions-college-students.cfm)

[Services for Students – Student Guide](https://www.washington.edu/students/servicesforstudents/)

[Dare to Lead | List of Values - Brené Brown](https://brenebrown.com/resources/dare-to-lead-list-of-values/)

Mental Health & Wellness Support

[Counseling Center | Student Well-Being](https://wellbeing.uw.edu/unit/counseling-center/)

[Let's Talk | Student Well-Being](https://wellbeing.uw.edu/virtual-lets-talk/)

[Group Therapy and Workshops | Student Well-Being](https://wellbeing.uw.edu/mental-health/groups-workshops-trainings/)

[HuskyHelpLine | Student Well-Being](https://wellbeing.uw.edu/huskyhelpline/)

[Paws 4 A Break | Student Well-Being](https://wellbeing.uw.edu/mental-health/groups-workshops-trainings/paws-4-a-break/)