

Boston University

OpenBU

<http://open.bu.edu>

Greene Scholars Creative Team

Graphic Design

2018-03-10

Self care, 2018

<https://hdl.handle.net/2144/31922>

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Take a Breather . . .

Try walking outside for 20-30 minutes several times per week to alleviate stress and give your mind a boost.

Like any other cardiovascular exercise, brisk walking boosts endorphins, which can reduce stress hormones and alleviate mild depression.

