

Boston University

OpenBU

<http://open.bu.edu>

Greene Scholars Creative Team

Graphic Design

2018

"Take a breather": Student self-care poster

<https://hdl.handle.net/2144/37961>

"Downloaded from OpenBU. Boston University's institutional repository."

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.