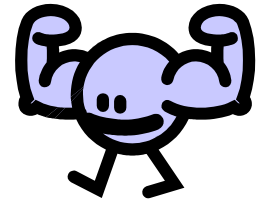




Tips for Handling Stress



Get a good night's sleep. 7-8 hours is ideal for most people.

Make healthy choices. Good nutrition can improve energy levels and mood.

Get active. Exercise releases endorphins in the body, which are feel good hormones. Exercise is related to lower levels of anxiety and depression, as well as higher energy levels. Don't want to go to the gym? Add a 30 minute walk into your day. Try it on a lunch break or when a meeting/class gets canceled.

Stay organized. Procrastination often leads to stress and feeling guilty. Write down all of your homework assignments and test dates at the beginning of the semester so you won't forget about them.

Practice deep breathing, yoga, meditation, or anything relaxing. Check out the Health Promotion website to find out about free yoga and massages for a small fee.

Be creative. Take some time to express yourself using art supplies, craft materials, writing in a journal, or keeping a blog.

Make a playlist of relaxing music to listen to when you are feeling stressed.

Limit alcohol use. While it may seem like drinking may create a feeling of relaxation, excessive alcohol use is related to higher levels of anxiety and depression. Keep in mind that when you are feeling stressed, alcohol may only make things worse the next day.

Drink plenty of water. Dehydration can leave you feeling groggy and cause headaches. Water also helps flush toxins out of the body and prevent over-eating.

Take study breaks. After two hours, the brain will struggle to focus. Take a 10 to 20 minute break during a study session to grab a snack or relax. Then come back to your work when you are feeling refreshed.

Set boundaries. Learn to say "no" when you need to. If you say "yes" to everything, you risk burning yourself out. Make a list of the things you really want to be involved in and focus on those activities.

Do something for yourself. Self-care is something that we tend to neglect when we are busy. Schedule in some time to go to the gym, be pampered, or go to that movie you've been wanting to see.

Talk to someone. Stress in college is normal, but if you are having difficulty, you may benefit from having someone to help you through the more stressful times. Talk to your family, close friends, or make an appointment to talk to someone at the Counseling Center. Students come to the Counseling Center to discuss a range of topics, including relationships, family, identity, grief and loss, depression, stress, and other concerns.