**Stress Management Techniques**

Stress can take a toll on us all, especially now! If you’ve been feeling stress, whether its about school, work, or life in general, here are some tips and tricks on managing stress.

**To Start:**

1. **Understand your stress**. Everyone stresses differently, so understanding what stress is to you can be a helpful start.
2. **Identify your common sources of stress.** This way, you can find specific things to manage.
3. **Look at ways you currently handle stress.** Sometimes, people handle stress in not-so-healthy ways, such as overeating, alcohol, or other distractions.
4. **Find healthy alternatives to manage stress.** Simply being mindful of your stressors is a great place to start. Being aware of your unhealthy habits and replacing them with healthy ones can help!

**Some Techniques**

There are lots of stress management techniques! Here are just a few to start:

1. **Diet & Exercise.**  We’re not talking about anything extreme here. Simply making mindful decisions about food choices, such as reducing alcohol or eating right before bed can help reduce stress. Exercise has also been proven to reduce stress.
2. **Meditation & yoga.** Techniques such as deep breathing, yoga, and guided visuals can help you relax and reduce stress.
3. **Sleep.** Sometimes easier said than done. Improving sleep is important for recharging and be able to handle stressful situations. Around 8 hours of sleep is generally recommended.
4. **Time Management.** Simply having a lot on your plate can make you feel stressed out. An unorganized calendar can make that even worse. Working on time management skills and organizing your schedule can help alleviate some of the stress you may be feeling.
5. **Talk it out.** Talking to someone about your stress can be a great way to reduce it. Simply letting some of it out can provide some clarity. If need be, don’t be afraid to speak with a professional.

**Though there are many more, here are a few ways to help handle stress.**

**We may not help with all of them, but the SRC is a great place to get your exercise in, or try out some yoga!**