



Manage Your **STRESS**

12 TIPS FOR MANAGING **STRESS**

GET SOME EXERCISE – Physical activity releases natural endorphins, which make you feel great and can alleviate stress.

EAT HEALTHY FOODS – Avoid foods high in fat, sugar and sodium. Eat healthy snacks and don't skip meals.

TAKE BREAKS – Schedule a few short breaks throughout the day to help minimize your stress. Stretch, go for a walk, call a friend. When you get back to what you were doing, you'll work more efficiently.

LEARN TO SAY NO – Don't feel guilty when you have to tell others no. Taking on additional work when you are already too busy will only make things worse.

GET ENOUGH SLEEP – Most people need between 6-9 hours, but they'll give up sleep when they're under stress to get more studying or work done.

MANAGE YOUR TIME EFFECTIVELY – Keep a task list or a daily planner and make sure to include time for yourself. Give priority to the most important activities and do those first.

TALK IT OUT – Bottled up emotions will only increase your frustration and add to your stress. Share your feelings with someone, like a friend, a family member, teacher or counselor. Talking with someone else can help clear your mind and give you a fresh perspective.

LAUGH – As the saying goes, "laughter is the best medicine." Maintaining your sense of humor and the ability to laugh at yourself can really diffuse a stressful situation.

CONTROL WHAT YOU CAN – A major source of stress comes from trying to control events or other people. When confronted with a stressful situation, ask yourself: Is this my problem? If the answer is no, then leave it alone. If the answer is yes, figure out if you need to resolve it now or later.

HAVE A GOOD CRY – Crying during periods of stress can be a healthy way to relieve your anxiety, and it might prevent a headache or other physical consequences of keeping things bottled up. But, if you are crying every day, this might be a sign of depression and you should seek help.

DON'T SELF-MEDICATE – Drugs and alcohol won't get rid of the conditions that cause stress. Although they may seem to provide temporary relief, they'll only mask or disguise problems.

GET HELP – Asking for help is definitely not a sign of weakness. There are a lot of resources available to help students deal with stress, so take advantage of them.

