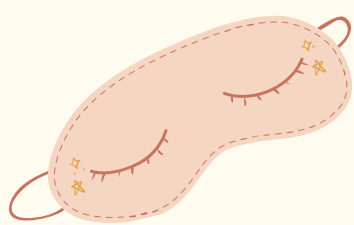




Tips on Reducing Stress

PLANNING

Nothing is more stressful than overload. Planning out a realistic schedule, complete with plenty of breaks, will make your days easier to navigate.



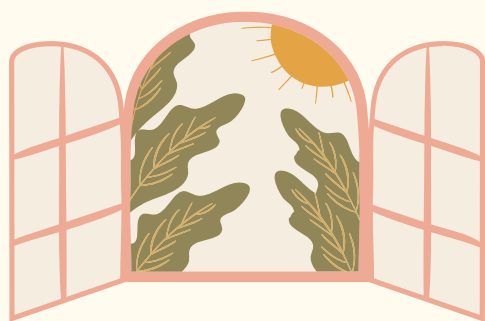
SLEEP

Be sure to get those six to eight hours and try to go to bed around the same time every night. Don't take schoolwork to bed with you. Instead, unwind a little before lying down and then give your brain the rest it deserves.



EXERCISE

Walking, jogging, biking, hitting the gym... whatever works best for you. And mini-breaks for stretching, short walks around campus will help you relax.



SELF-SOOTHE

Try: meditation, yoga, relaxation tapes, tai chi, pilates. Check out the Welltrack app.



BREATHING

A break of 3-to-5 minutes to sit down and breathe deeply can work wonders. Try it.

NUTRITION

Your body and mind will need good fuel. Get your fruit and veggies and dodge the junk food. And fish, with its omega-3, is great for the brain.



USE YOUR HEAD



Focus on positives, reassure yourself ("I can only do my best," "This will get done"), give yourself permission to stop thinking about school or other responsibilities at given times each day, and even feel free to "zone out" now and then.

MUSIC

Soothing music has been shown to lower tension, so load some easy listening onto your playlist and take music breaks.



LAUGHTER

Laughter releases endorphins, those feel-good hormones. Put the action flicks on hold and break out the comedies 'til the school year is done.



SOCIAL CONNECTION

Elicit the support of family and friends. Reach out, plan an event together.

