

Managing Stress



Manage Your Time: Create to-do lists, use a planner or calendar, and intentionally schedule self-care time.



No Substance Abuse: Drugs and Alcohol mask stress. They do not solve or help stress.



Move Your Body: Physical activity can reduce stress naturally.



Take A Break: Stretch, go for a walk, call a friend or family member, and/or eat a snack.



Minimize Distractions: Interruptions can prevent comprehension and can make tasks longer.



Eat Healthier Foods: Foods with high fat, sugar, and sodium or skipping meals will make you more lethargic.



Practice Positive Thinking: Focus on things you can control. Worrying about negatives will not change the thing you are worrying about. Positive thinking and actions can.



Seek Help: RA's, FYM's, Counselors, Residence Life, LDS, and the PEAK Center all exist to support you. Seeking help is not a sign of weakness. Seeking help is a sign of self-awareness and maturity.



Do Not Skip Sleeping: Not sleeping compounds stress. Figure out how much time you need to feel fully rested and make sure and develop your schedule around your sleeping needs.



Sometimes Say No: You are probably a "Yes-er," saying yes to everything. Do not feel guilty for saying no. Taking on too much will add to your stress, not reduce it. The quality of your work may suffer as well.