

10 Tips to Avoid Stress

1. Manage your time

Learn to balance school and your social life – both are important.

2. Maintain a healthy lifestyle

Eat your Veggies! Avoid the vending machine!

Try to exercise regularly and get an adequate amount of sleep.

3. Get organized

Create one folder for every class.

De-clutter your room or dorm to create an enjoyable place to study.

Make a daily “to do” list...and stick to it!

4. Learn Relaxation Techniques

Guided Relaxation

Deep Breathing

Take a walk outside

5. Learn when to say no

Taking on too many responsibilities can lead to burnout. Don't use this as an excuse not to do your homework!

6. Get Involved

Expand your support network and strengthen friendships, but don't forget numbers 1 & 5 - know your limits.

7. Don't sweat the small stuff

Learn to let go when you can't change the situation.

8. Know what resources are available to you

And, know that it's OK to ask for help.

9. Set realistic Goals

Don't expect perfection, you may be setting yourself up for a letdown.

Create at least 3 strategies on how you plan to achieve your goals.

10. Stay positive!

You will encounter a setback; it's inevitable, however, you will get through it and things will be OK.

Avoid negative self-talk.