

## **STRESS RELIEF TIPS**

- Sleep!--college students are very sleep deprived. Lack of sleep has been shown to have a direct effect on academic performance (impaired concentration and memory).
- Eat regularly and avoid too much sugar, caffeine, alcohol. Eat fruits and vegetables, drink lots of water on a regular basis.
- Plan ahead so you don't have to do things at the last minute. Being organized greatly helps combat stress.
- Talk to someone regularly --friends, family, other supports, or a counselor.
- Get help--tutoring--if necessary. Go to The Learning Center or talk with your instructor to get assistance.
- Get physical exercise to increase energy and feel more relaxed.
- Find time for breaks and pleasurable activity every day--even if only for a short while.
- Talk to instructors; get to know them so they'll know you are trying.
- Get perspective. Try new ways of looking at situations and use positive self talk. Be aware of negative self talk and try to change it.
- Learn new communication skills to deal effectively with conflict and anger. Storing up anger and resentment lead to more stress.
- Set realistic goals and expectations for yourself (and others).
- Manage finances so that your debt is less than income. Pay attention to the difference between what you want and what you need to buy.
- Use humor in everyday situations.

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