**Stress Management Tips**

***Objective:*** *To learn different stress management tips and recognize the importance of these techniques*

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| **Healthy**  **Eating** | Good nutrition and healthy eating habits will increase your physical, mental, and emotional stamina. Fueling yourself with nutrient dense foods can boost your immune system, help you maintain a healthy weight, and help you feel better about yourself. *Eat three or more meals a day and incorporate fruits and vegetables into each meal.* |
| **Physical Activity** | Physical activity provides immediate stress relief as well as long term stress management. Just 20-30 minutes of walking a day can give you more energy, help you put things into perspective, improve your sleep, sharpen your mental productivity, and boost your self-confidence. *Get the schedule for the ReCentral fitness center and plan out some days to work out ahead of time.* |
| **Relaxation Techniques** | The simplest way to relax is deep breathing. Get comfortable, close your eyes, inhale through your nose, filling your diaphragm then your lungs – your belly button should rise up before your chest does. Reverse the process as you slowly exhale through your mouth. Counting your breaths will give your mind something to focus on besides whatever stress you are feeling. Another simple relaxation technique is visualization or imagery. By visualizing a favorite place and imagining the sounds, sights, textures, and tastes of that place, will encourage your body to relax. *While your fellow students scan their notes, sit back, close your eyes, and take some quiet deep breaths before taking an exam.* |
| **Sleep** | Consistent sleep is critical for a healthy life. Although we all need varying amounts of sleep, if we do not get enough sleep, everything from our immune system to our ability to learn and remember information will be negatively affected. Sleep is as important as nutrition and exercise when preparing for peak performance. *Aim for at least eight hours of sleep a night.* |
| **Time Management** | Sometimes all the things we have to do can seem overwhelming and impossible to accomplish. Learning how to be a good time manager is a skill that you can use throughout your life, which can make work, play, and studying more manageable, more productive and less stressful. *Use a planner to keep track of due dates and work schedules – learn to plan ahead.* |
| **Goals** | With realistic goals, you will have something concrete to work toward and the light at the end of the tunnel can be seen. *Make sure your goals are specific, realistic, aggressive, measurable, and time bound – set many smaller goals, like steps toward the large goal.* |
| **Priorities** | Combined with time management, setting priorities will keep you on schedule. Do not forget to include things like “down time” and relaxation as a priority. *Use lists to prioritize – you may have daily, weekly and monthly lists.* |
| **Journaling** | Like talking to a friend, getting your thoughts down on paper puts those feelings where you can examine them and work on a strategy to manage your stress. |
| **Money Management** | Good money management is necessary for your survival and can lower your stress level. *Check out college programs and workshops on money and budgeting.* |
| **Healthy and Safe Activities** | Tobacco and alcohol are tempting when you are stressed-out. Substances may temporarily quiet down your stress, but the feeling will not last. Choose not to use these or other drugs as a coping tool. Do not be afraid to seek help and support. *Have some fun with friends – go dancing, catch a movie, listen to music, or figure out some ways to have fun that are healthy and safe.* |
| **Counseling/ Health Services** | There are publications, programs and peer groups to help you. *Visit the Counseling and Wellness Center and/or Health Services for more services and advice on managing stress.* |

For more stress management tips, visit: http://www.uhs.uga.edu/stress or www.essort.com/family/stressmanagemen\_sifb.htm.