



Stress Management Tips

- **Eat well**
 - An unhealthy diet can increase your stress levels (McDonalds or pizza before bed is probably not the best idea.)
 - Avoid caffeine (Yes, this includes that Red Bull or Starbucks coffee you have once a day.)
- **Exercise**
 - Exercise helps reduce stress and improve your sleep
- **Follow a routine and stay organized**
 - Keep everything on a calendar (assignment deadlines, class schedule, social events, work, etc.)
 - Try to aim for eight (8) hours of sleep a night
- **Find a stress outlet**
 - Examples: intramural sports, hobbies, listening to music, etc.
- **Talk to someone**
 - Venting to someone who is just willing to listen can help you relieve stress - whether it be a friend, family member, etc.
- **PE 100 classes**
 - Check out these 1-credit courses offered every semester
 - Ex. Yoga, Kickboxing, Basketball, Weight Training, etc.
- **Learn your limits**
 - All of us are different and we each work at our own pace. Set realistic expectations and boundaries for yourself.
 - Ex. If you can't study for more than an hour at a time, don't force it upon yourself.
- **Try out a Mental Health app (Free)**
 - The link below has a list of apps that are free and approved by the ADAA (Anxiety & Depression Association of America)
 - <https://adaa.org/find-help/support/mental-health-apps>

Meditation for Stress Management

Benefits of Meditation

- Less anxiety
- Lower blood pressure
- Less stress
- Lower heartrate
- Improved concentration
- Increase in overall emotional well-being

Beginner Techniques

- Focus on breathing: Focus on your inhale and exhale to avoid distracting thoughts.
- Focus on a specific thought: Try focusing on a specific thought or concept. Use phrases such as “I am whole.” or “I am grateful for my friend.”

Meditation in 6 Easy Steps

1. Take a seat
 - a. Find a place to sit that feels calm and quiet to you
2. Set a time limit
 - a. 5-10 mins for beginners
3. Notice your body
 - a. Ex. Sit, kneel, cross-legged
4. Feel your breath
 - a. Follow your breath as you breath in and out
5. Notice when your mind has wandered
 - a. When you noticed your thoughts are somewhere else, bring them back to just focusing on your breath
6. Notice the environment
 - a. Open your eyes and notice the environment around you and how your body feels

References

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