








# STRESSED????

Stress is a part of life and sometimes college can make life more stressful. How is the best way to handle those stressful times? The key is to understand how to handle stress in a healthy way.

- ❖  Plan ahead: Make a list and set manageable goals to get you through classes, homework, projects and other obligations.
- ❖  Eat healthy: Good nutrition and healthy eating habits can help you through your stressful times now and prevent health issues down the road. Fuel yourself with nutrient dense foods to boost your immune system, help you maintain a healthy weight and help you feel better about yourself.
- ❖  Stay Active: Physical activity provides immediate stress relief as well as long-term stress management. Just 20-30 minutes a day will help.
- ❖  Sleep: Everyone requires different amounts of sleep. But when we don't get enough sleep, everything from our immune system to our ability to learn and remember information will be negatively affected and stress levels become higher.
- ❖  Money: Budget your semester funds. Avoid putting unnecessary purchases on credit cards. These cards are a great stressors
- ❖  NO: Avoid getting overbooked with places to be, people to see and projects to do. Save some time each week that's just for you.
- ❖  Help!: Friends, family, and support groups may be able to help lighten your load.