Beat Stress & Stay Healthy

While going to college is a very exciting time in life, it can also be a scary and stressful time. You might be living on your own for the first time, juggling classes and work, caring for a family, making decisions by yourself, missing hours of sleep, deciding how and what to eat, and so on. This handout does not attempt to take away all of these potential stress inducers, but will provide you with some assistance. Below are some tips to help you bring down your stress levels and lead a healthy lifestyle.

Positive Attitude
- Staying positive goes a long way in reducing stress.
- Stay confident and believe in yourself.
- Remember that laughter is some of the best medicine to keep you happy and healthy.
- Don’t let the fact that you are stressed stress you out. Realize when you are stressed and focus on how to beat it.
- Don’t be scared to ask for help

Sleep
- You may be busy, but everyone needs sleep.
- Average of 7-8 hours a night is best.
- Sleeping helps your mind refocus, recharge, and re-balance.
- Even a quick nap or just one good night’s sleep can help you out during a stressful time.

Relax
- No matter how busy you are, it’s important to take breaks to keep your stress down.
- Like sleep, relaxing helps recharge your mind.
- Take a break while doing homework to do something you enjoy.
- Spend some time with friends.
- Exercise! It provides an outlet for mental and emotional strain and will help reduce tension.
- Take some quiet time by yourself with no distractions.

Eat Well
- Food fuels your body and helps to provide you with energy throughout the day.
- Always try to eat something in the morning—even when you’re in a hurry.
- Try to eat healthy-instead of chips, try fruits or vegetables.
- Drink as much water as you can.
- Avoid skipping meals.

Adapted from: Lucier, K. How to reduce Stress While in College. http://collegelife.about.com/od/healthwellness/ht/Stress.htm