

FEELING STRESSED?

Here are some helpful tips for managing stress:

STRESS ISN'T ALL BAD

Stress motivates us to work toward solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to *manage stress*, not eliminate it.

TALK ABOUT YOUR PROBLEMS

Talking about your stressors- even if you don't solve them- releases hormones in your body that reduce the negative feelings associated with stress. Time spent talking with your friends and loved ones is valuable, even when you have a lot on your plate.

PRIORITIZE RESPONSIBILITIES

Focus on completing quick tasks first. Having too many "to-dos" can be stressful, even if none of them are very big. Quickly knocking out the small tasks will clear up your mind to focus on larger responsibilities.

FOCUS ON THE BASICS

Stress can start a harmful cycle where basic needs are neglected, which leads to more stress. Make a point to focus on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

BALANCE YOUR TIME

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area is threatened. Balance your time and energy between several areas, such as your education, family, friendships and personal hobbies.

TAKE TIME FOR YOURSELF

Personal time usually gets moved to the bottom of the list when things get hectic. However, when personal time is neglected, everything else tends to suffer. Set aside time to relax and have fun every day, without interruptions.

KEEP THINGS IN PERSPECTIVE

In the heat of the moment, little problems can feel bigger than that are. take a step back, and think about how important your stressors are in the broader context. Will they matter in a week? In a year? Writing about your stressor will help you develop a healthier perspective.

SELF-CARE TIPS

DO THINGS YOU ENJOY

Self-care isn't complicated—all it means is taking time to do things that make you feel good. This includes activities that you find fun, relaxing, or energizing. They can be as simple as reading a book or as big as taking a vacation.

TAKE CARE OF YOUR HEALTH

This means eating regular meals, getting enough sleep, exercising, caring for personal hygiene, and anything else that maintains good health. These forms of self-care might not give instant gratification, but they will help you feel good in the long run.

GIVE YOURSELF PERMISSION TO RELAX

When life gets busy, self-care is often the first thing to go. Set boundaries around self-care, even if that means scheduling "me time" on your calendar or saying "no" to invitations from others.

SET SPECIFIC SELF-CARE GOALS

Vague goals like "I will take more time for self-care" rarely work. Instead, set clear goals like "I will walk for 30 minutes every evening after dinner."

MAKE SELF-CARE A HABIT

Just like eating one apple won't make you healthy, practicing self-care once won't fix stress. Find activities that can become a normal part of your day. For example, try making your lunchtime sacred. Savor your meal and take a short walk instead of working while you eat.

LIMIT UNHEALTHY SELF-CARE

Sometimes you just want to turn off your brain, munch on some chips, and scroll on your phone. These habits are okay in moderation, but try to prioritize healthier self-care options.

KEEP UP WITH SELF-CARE

Maintaining a regular self-care routine is crucial for overall well-being, as it helps reduce stress, enhances mental clarity, and improves emotional resilience. By prioritizing self-care, you cultivate a healthier relationship with yourself, enabling you to better navigate life's challenges.