

Presentation: Coping with Stress

10 STEP-SOLUTION GUIDE

1. **Prioritize Your Health:**

It is important to remember that **YOU** come first. If you are not feeling well, take time to rest and relax before taking on a workload again.

2. **Get A Good Night's Sleep:**

Getting a good night's sleep is something that may seem impossible for a college student, especially when a lot is in their mind between school, relationships, work, etc. However, it is crucial for a college student to get 8 hours of sleep each night. In order to get a good night's sleep, it is important to have a quiet mind and body. Also, make sure the room you are sleeping in is comfortable for you. Usually a dark, quiet, cool room will help.

3. **Practice Deep Breathing:**

Breathing is an important tool for maintaining stress. Obviously we breathe every day, but studies have shown that taking deep breaths is beneficial when trying to relax. Here's a routine to practice:

Inhale SLOWLY for 5 counts.
Hold your breath for 5-10 seconds
Exhale SLOWLY for 8 counts.

4. **Stay Hydrated:**

Drinking water is super important when trying to stay balanced and distressed. Water is a vital part of our everyday lives and helps regulate cortisol levels to maintain a stress-free day.

5. **Eat Well:**

Sugary foods (also known as comfort food) are unlikely to help your stress levels, even if it does make you feel good. These kinds of food keep your body and mind wired, which will cause your stress to continue. It is important to stay away from a carbohydrate diet and drink herbal teas (green teas or chamomile).

6. **Exercise:**

Exercising regularly is known to improve your mood. Not only does exercising make you feel good, but it also takes your mind off of any worries that you may be having. So whether it's running on a treadmill or punching a punching bag, **GET ACTIVE!**

7. Maintain A Positive Mindset:

It is important to remember:

POSITIVE MIND + POSITIVE VIBES = POSITIVE LIFE!!!

Being in a constant state of happiness is something that may not seem realistic, but it is important to remember that every situation has a bright side to it. The more you think positively, the more likely you are to reduce any stress or anxiety you may be feeling.

8. Master Your Time:

Time management is a **KEY FACTOR** in relieving stress. Time management helps reduce long-term stress by giving you direction of what you have to do and when you have to do it. It is important to create an action plan for the day, follow a schedule, and/or write in a planner. Just remember, as long as you commit to taking action, time management becomes easy.

9. Take A Break From Technology:

We live in a world today where cell phones, computers, and tablets are attached to our hips and are easily accessible. Some people become anxious when they are not constantly connected to their phones or social media accounts because of the fear of missing out. It is important to take time out of your day to focus on the work that you are doing, not your Instagram, Snapchat, Facebook, etc. By taking a step back from technology, the stress of not completing your work on time is eliminated.

10. Learn To Say NO:

It is okay to realize that saying “No” to someone is not being selfish. Saying “Yes” so often can add up quickly, and before you know it a big chunk of your time has been used up. If someone is asking you to perform a task that you know you cannot simply accomplish, it is okay to **RESPECTFULLY** say “No”.