

How to Handle Stress

Everyone gets stressed from time to time because life sometimes throws us curveballs. Follow these tips and you should have a better grip on how to successfully handle stress.

- **Exercise.** Physical activity helps your mind, body and spirit. Go to the gym. Take a walk. Do yoga. Stretch. Get active!!!
- **Eat a balanced diet.** Eat 3 meals a day. Avoid junk food & fast food. Try to eat from all of the food groups, and try to stay away from caffeine (minimize sodas & coffee).
- **Stay away from alcohol and illegal drugs.** Alcohol and drugs never solve problems.
- **Get involved.** Becoming active in the community creates a support network and gives you a break from your everyday stress.
- **Do your BEST instead of trying to be PERFECT.** We all know perfection isn't possible, so be proud of however close you get.
- **Take a time out.** Relax. Take breaks while you are studying. Take deep breaths and count to 10. Stepping back from the problem lets you clear your head.
- **Put things in perspective.** Think about your situation. Ask yourself whether it's really as bad as you think it is or if you could be blowing it out of proportion.
- **Talk to someone.** Don't let things bottle up on the inside. Reach out to your family, friends, roommate, boyfriend, girlfriend or counselor if you really need to talk.