

# STRESS REDUCTION

Fortunately, stress is not caused by homework, exams, or even life events. Stress has more to do with how we react to a given event. Therefore, you can choose how to react (or overreact!) or you can choose to “roll with it.” To help you “roll with it” check out some of the strategies below and see what works for you.

- Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good Endorphins and distract you from daily worries.
- Sleep 8 hours a night to put you in a good mood, help your brain integrate all the information you learned during the day, reduce anxiety, make better decisions, and improve attention, focus, and energy.
- Eat healthfully. Carbohydrates, protein, fat, vitamins and minerals are all important for energy, mental concentration, and emotional stability.
- Journaling is one of the best ways to organize your thoughts and facilitate problem-solving. Also, focusing on the positive and what you are grateful for can help you re-frame your thoughts and actually make you happier.

