

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.

- Practice time management skills to prioritize tasks, control procrastination, and manage commitments.
- Music can have a tremendously relaxing effect on our minds and bodies, slowing pulse and heart rate, lowering blood pressure, and decreasing levels of stress hormones. Try slow, quiet classical music.
- Socializing with your network of friends, family, and even pets can help with relaxation.
- Volunteer for a cause that’s important to you. It helps you feel socially connected, warding off loneliness and the blues, distracts you from your stressors, and helps cultivate an attitude of gratitude.
- Visit the Dawg Lounge!

