

# Tips for managing stress:

- Meditation & relaxation techniques
- Physical activity
- Seek support
- Get sleep
- Get organized
- Eat healthy
- Study!



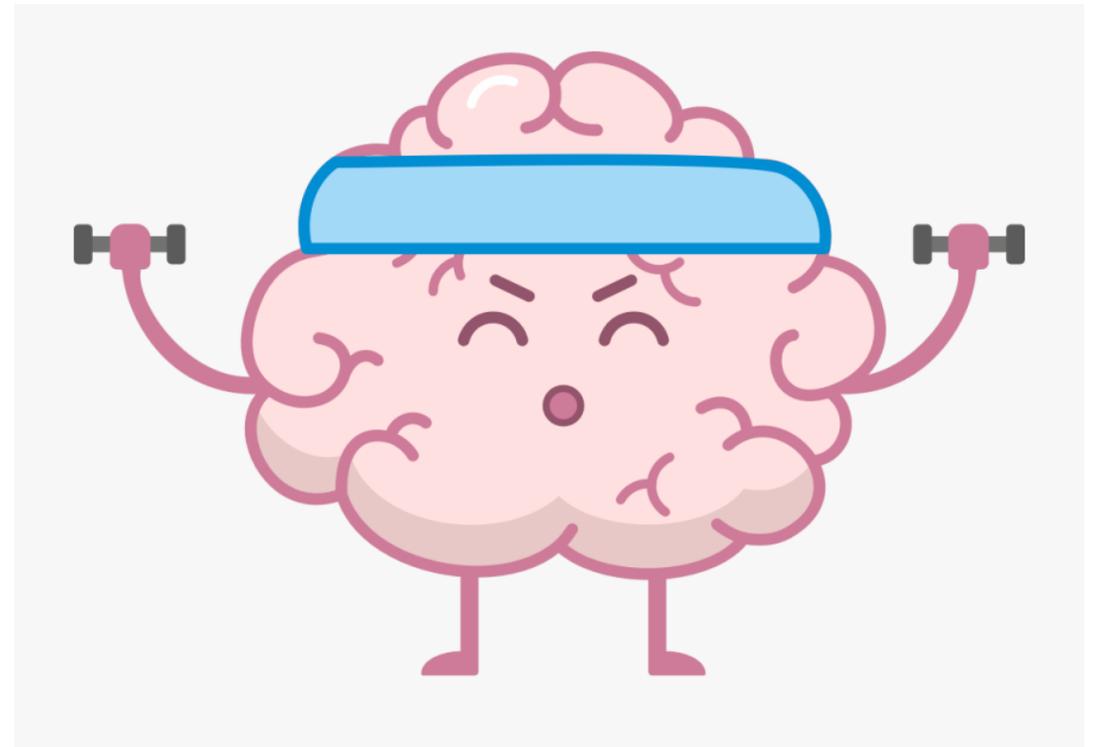
## **Meditation & relaxation techniques:**

- This can help manage/reduce stress & anxiety
- Consistent meditation has been found to decrease stress, increase self-compassion/kindness, improve focus, increase positivity
- Allot time in your schedule to incorporate meditation, muscle relaxation, breathing exercises
- **Free** meditation Apps that include guided meditations, music, relaxing sounds, mood-boosting mindful workouts:
  - *Headspace*
  - *Insight Timer*
  - *Calm*



## Physical activity:

- physical activity is a healthy way to reduce stress, improve mood & overall health
- According to the *National Institute of Mental Health*, aerobic exercise can help manage stress & anxiety
- Just **30 minutes** of walking per day can boost mood and energy levels
- There are **free** workouts available:
  - Nike Training Club App*
  - Fitness Blender website*  
(<https://www.fitnessblender.com/videos>)
  - Body Project channel on YouTube*



## Seek support:

- Loneliness & isolation can contribute to feelings of stress & anxiety
- Reach out to trustworthy, reliable, compassionate people via phone, email, text
- Form a study group
- Tutoring is an effective method to help with academic difficulties

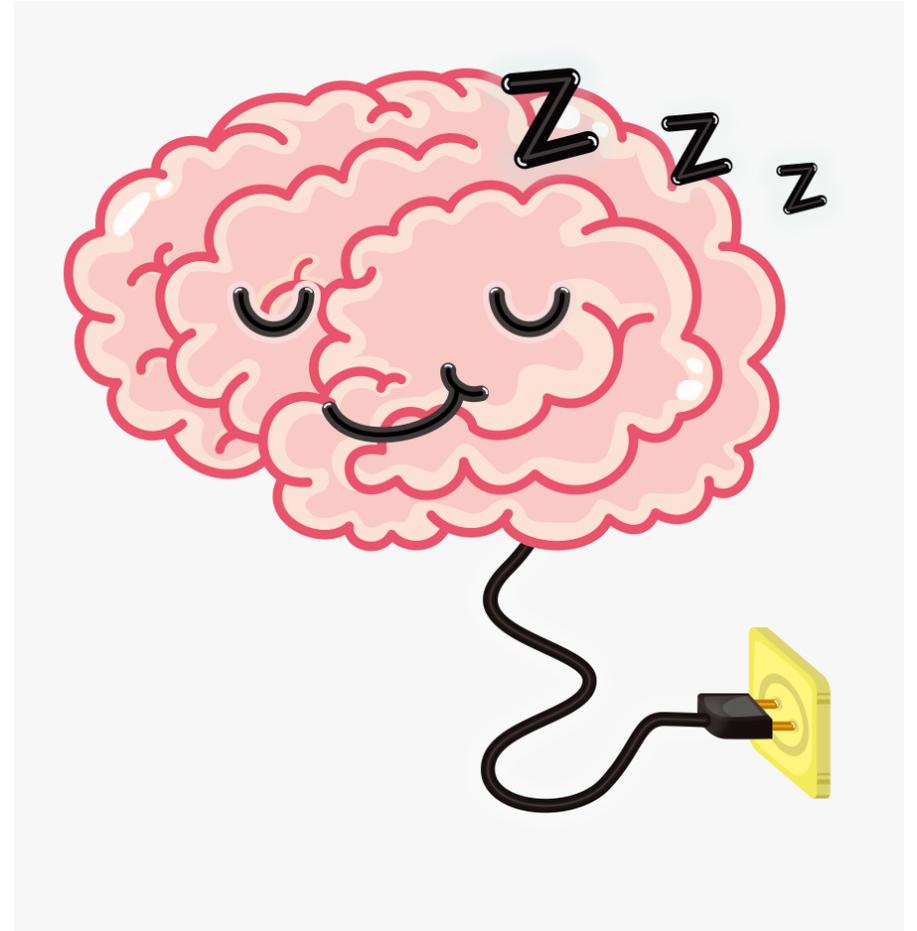
<https://canadaacumen.ca/mement-sign-up-form/>

- Seek out formal support from distress lines, online support groups, community resources (ie. religious institutions)



## Get sleep:

- Getting enough/quality sleep can reduce feelings of stress and prepare us to better manage stress
- sleep deprivation and all-nighters can exacerbate stress, irritability, difficulty concentrating
- unplug from electronics, especially before bed
- keep a consistent sleep schedule by going to sleep and waking up at the same time each day
- Aim for 8 hours of sleep per night
- avoid caffeine late in the day



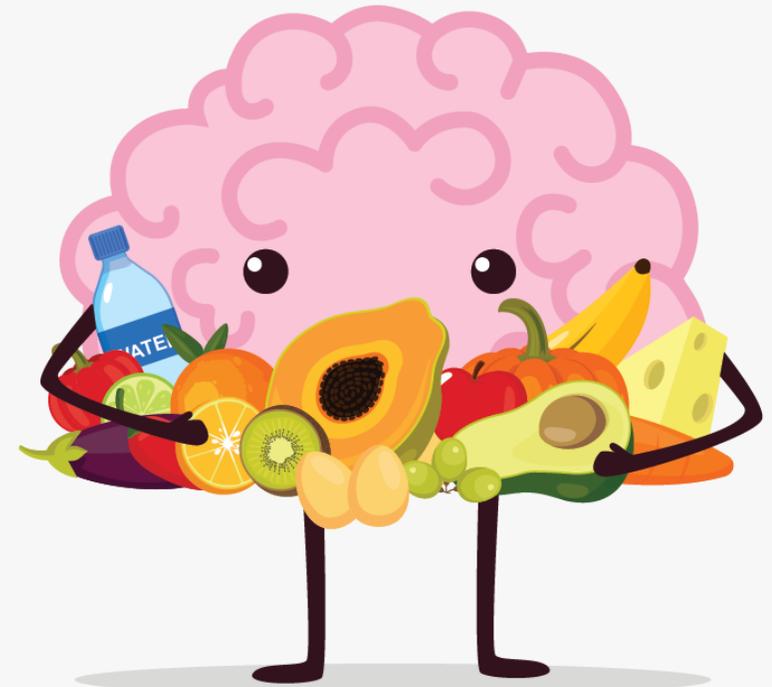
## Get organized:

- Clutter can cause feelings of stress & decrease productivity
- Keep a clean, minimalist and organized study area that is free of distractions and clutter
- Ways to get organized:
  - \* keep a calendar
  - \* set reminders
  - \* keep separate folders/notebooks for each course
  - \* set daily/weekly goals
  - \* prioritize tasks
  - \* use study planners/organizational guides, especially if you experience stress from impending deadlines or an overload of assignments



## **Eat healthy:**

- Excess caffeine can worsen physiological feelings of stress, such as an increased heart rate, and it can interfere with sleep
- Your diet can either boost your brainpower or can leave you feeling slow, sluggish or with brain fog
- Eat healthy and drinks lots of water
- Dehydration can affect your short-term memory, attention and mood



## Study!

- Approach! Do **NOT** avoid! Many students avoid stressors by skipping class, staying in bed, finding distractions
- Avoidance worsens stress over time
- Reading is helpful for tackling stress, whether or not it is related to course material
  - studies have shown that even **6 minutes** of reading can be effective in reducing stress levels
- Be consistent! Study, review & rehearse the material!
- Study more effectively by forming study groups, taking practice tests
- Mimic test taking conditions:
  - studies have shown that people perform better on tests when studying conditions are similar to test taking conditions
  - For example, do **NOT** study on your bed

