10 Quick Strategies for Stress Management

1. **Organize Yourself.** Take better control of the way you're spending your time and energy[1] so you can handle stress more effectively.

2. **Control Your Environment** by controlling who and what is surrounding you. In this way, you can either get rid of stress or get support for yourself.

3. **Love Yourself** by showing yourself compassion. Extend compassion to yourself when things get hard or when you mess up. Know that you deserve compassion just like you would show a friend. Everyone goes through difficult times and challenges. You are not alone.

4. **Reward Yourself** by planning leisure activities into your life. It really helps to have something to look forward to.

5. **Exercise**[2] **Your Body** since your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly. Move your body a minimum of three days per week for 15-30 minutes. This includes such activities as walking, jogging, cycling, swimming, aerobics, etc.

6. **Relax Yourself** by taking your mind off your stress and concentrating on breathing and positive thoughts. Dreaming counts, along with meditation[3], progressive relaxation, exercise, listening to relaxing music[4], communicating with friends and loved ones, etc.

7. **Rest Yourself** as regularly as possible. **Sleep**[5] 7-8 hours a night. Take study breaks. There is only so much your mind can absorb at one time, it needs time to process and integrate information. A general rule of thumb: take a ten minute break every hour. Rest your eyes as well as your mind.

8. **Be Aware of Yourself.** Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. Remember, these can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

9. **Feed Yourself/Do Not Poison Your Body.** **Eat a balanced diet**[6]. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty minute walk has been proven to be a better tranquilizer than some prescription drugs.

10. **Enjoy Yourself.** It has been shown that happier people tend to live longer, have
less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

Bonus! Check out the 2 min yoga video to get yourself more relaxed right now!

It's helpful to put one arm down - I'm going to put my left arm down. And then you take the right arm out to the side and you - as you inhale - you bring it forward and across and up and then as you exhale you turn and open to the side and bring it back down so it's a big kind of arm circle.

So you inhale forward and up and you exhale back and down. I'll do that again. Inhale and really reach. And exhale down. One more time. Inhale.

And just make it big. Yeah. And exhale down. Nice.

And then we'll do the other side. So you put your right arm down. If you can like rest it on something that can be helpful sometimes just to bring some relaxation. And then the other arm - it's my left arm - you inhale it across and forward and reach it up alongside your ear and then exhale and make a big twist behind you and bring it all the way back down yeah. And then inhale and exhale. Good. And inhale. And exhale. One more time. Inhale and exhale. Good. Let's actually go one more time. Inhale. And exhale. Yeah nice.

As you inhale, you would raise the arms up and as your exhale you'd lower the arms down. I will do it again. So inhale. Exhale. Let's do two more times. Inhale and exhale. And last time really sync the rhythm of the breath with a movement so that they're coordinated. Yeah. Nice!

And you can notice just doing something pretty simple like that it's already kind of settles things a little bit. I think it's the act of intentionally breathing and moving together it creates some union. It creates some yoga. And somehow it's really calming for the mind.


Links
[6] https://caps.unc.edu/node/203