

Stress Less

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Avoiding

STRESS

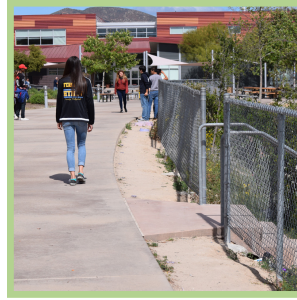
Avoid worrying about the minor tasks that you can not control. Focusing on what you KNOW will benefit you in the long run.

Manage Your Time



- Create a list of tasks and prioritize them according to their urgency. Focus on what you will do versus what you are going to do. Get things in your life organized.

Stay Active



- Movement that works your muscles and requires more energy than resting, can help steer clear of stress. Getting out and doing an activity is a great way to give your mind a break.

Set Goals



- Be realistic when you are setting goals. Understand what you want versus what you need. Evaluate what is really important to you and the things that matter the most.

Change your perspective on the way you look at situations. Instead of focusing on what "will" happen, change your mind set to what's "next". Alter your situation based on how you are feeling.

Reducing

STRESS

Meditate



- Deep breathing and mindfulness can help maintain a healthy mindset. Relaxation and meditation exercises are a way for you to deal with everyday challenges.

Change Your Environment



- Changing your environment can help change your perspective on the situation. Getting out of your everyday routine and going to a place where you can be more productive.

Live In The Moment



- Focus on the now. Slow down and savor the present. Mindful people are more likely to be happy and have a higher self-esteem.

Relieving

STRESS

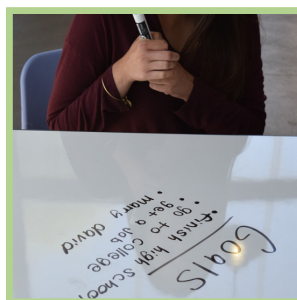
Remove yourself from the situation that is causing you to over think and cloud your judgment. Taking time for yourself is very important, focus on what you can control and not on what you can't.

Relax



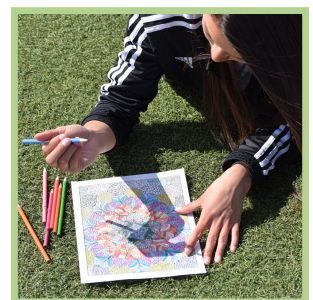
- Doing everyday relaxation activities can help relieve tension in your body. Doing deep muscles relaxation by tightening up and releasing different muscles groups in your body helps you focus on one task at a time.

Dismiss



- Dismiss the unnecessary commitments and energy drains that are not fulfilling you needs. Remember that less is more in the long run.

Color



- Taking time for yourself is very important. Doing simple activities; like coloring takes you back to a simpler time. Getting back to those happy memories helps one relax and even feel optimistic and energetic for the future.

Source:

Stress Reduction Activities for Students. (2014). Edutopia [Data file]. Retrieved from <<http://www.edutopia.org/resource/glenview-stress-reduction-activities-download>>
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Disclaimer: This is a part of a school project and I do not own any of this information.