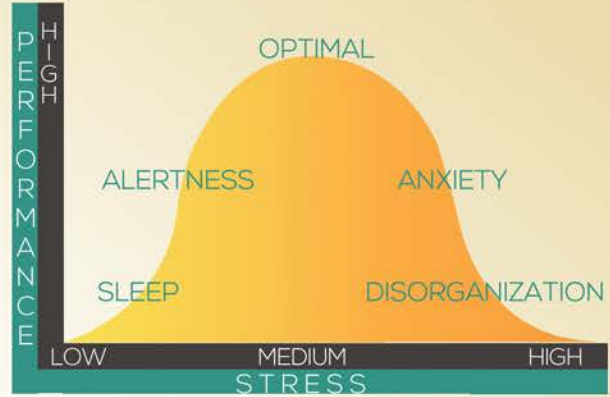


STRESS LESS

TIPS TO HELP MANAGE YOUR STRESS

What is Stress? Everybody has stress. Stress is our natural response to a perceived threat. The body responds to stress by increasing heart rate, muscle tension and blood pressure.

Awareness is key to determining which category a stressful situation falls under.



HOW TO COPE WITH STRESS

Reduce your stressors {the people, places and things that cause stress} to help minimize the pressure on you.

Manage your behaviors {like time management, prioritizing and taking time for rest} to help you cope with stress you can't reduce.

Change how you think about stress to help you feel more relaxed.

Set realistic expectations. **Focus on the present**, rather than worry about the future.

HOW TO RELIEVE IT

Deep Breathing

Take in deep slow breaths in through your nose and out through your mouth. Relax your body with each breath. Continue until relaxed.



Progressive Relaxation

Get comfortable, either sitting or lying down. Tense up the muscles of your feet. Relax your feet and feel the tension flow away. Breathe slowly and deeply. Progressively relax one muscle group at a time: lower legs, upper legs, abdomen, chest, neck, face and head.

Visual Meditation

Get into a comfortable position and close your eyes. Imagine a peaceful place and picture it as vividly as you can. Incorporate as many sensory details as possible.



HOW TO MANAGE IT

Manage your time by **prioritizing**.



Have at least **one** hour of quiet time each day.

Engage in activities that you **enjoy** with people that you **love**.



Look for opportunities to **help** others.

Get at least **8 hours** of sleep daily.

Eat a **balanced** diet and exercise at least **3 times** a week.



Reduce caffeine and alcohol intake.



WELLNESS • RECOVERY • RESILIENCE



CAPS.UCSD.EDU