

Top 10 Do's of Managing Stress!



- ☑ **Organize** how you spend your time and energy.
- ☑ **Manage the environment** in which you study.
- ☑ **Love who you are** and give yourself positive feedback.
- ☑ **Reward yourself** by planning relaxation time.
- ☑ **Exercise your body** by working out and making yourself healthy.
- ☑ **Relax yourself** by focusing on breathing, positive thoughts, etc.
- ☑ **Rest yourself** by getting regular amounts of sleep each night and taking study breaks.
- ☑ **Be aware of distress signals** (insomnia, headaches, etc.) and get help when needed.
- ☑ **Eat a healthy diet** and don't load up on junk foods. Don't abuse alcohol or drugs.
- ☑ **Enjoy yourself** by finding the humor in life. 😊

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Top 10 Don'ts of Managing Stress!



- ☒ Take plenty of stimulants.
- ☒ Be a couch potato.
- ☒ Become a workaholic.
- ☒ Do everything yourself and never accept help.
- ☒ Get rid of your social support system.
- ☒ Personalize all criticism.
- ☒ Worry about things you can't control.
- ☒ Time management? What's that?!
- ☒ Procrastinate.
- ☒ Throw out your sense of humor. ☹

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