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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