

**STRESS IS THE  
#1 FACTOR IN  
ACADEMIC  
DISRUPTION**

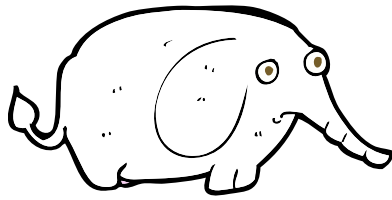
Visit the Relaxation Room at  
Health Services and try out  
their massage chair!



DEPARTMENT OF  
HEALTH PROMOTION  
& PREVENTION

Created by Cassandra Suarez, 2016

# Stress Less, Study



## Smarter

- Get a good night's sleep
  - Aim for 8-9 hours of sleep per night.
- Take effective study breaks every 60-90 minutes
  - Stop by the ARC to learn how to make the most out of your study time and brainstorm effective 5, 10, 15, and 30 minute breaks.
- Get organized
  - Sometimes, the act of writing out what you have to do, helps you prioritize and free your brain.
- Get moving (outdoors preferred)
  - Exercise, physical activity, and movement can help increase focus, memory, and productivity.
- Talk it out
  - Talk about your stress with a supportive friend, parent, or counselor.
- Breathe more
  - Yoga, meditation or simply breathing can be a great way to relieve tension.
- Think bigger
  - Put that test, hw assignment, or class into prospective - just one little bump in the long road of life.
- When possible, start early
  - Starting assignments early can really help eliminate stress from quickly approaching deadlines.
- Take time for you
  - Whether it's reading a book, taking a bath, or listening to calming music, take time to do something each day just for you.