

How To Reduce Stress and Anxiety

- **BREATHE** - When you stop and take a chance to breathe, it's amazing how much that extra bit of oxygen will help with de-stressing.
Try this: Every morning, for 3 minutes, stop and breathe deeply. Repeat in the evening for 3 minutes again before going to bed, and you'll soon reap the benefits.
- **SLEEP** - Lack of sleep is an easy catalyst for anxiety. Try to get at least 7 hours of sleep a night, and try catching up on other sleep lost during the week on the weekends. We already have enough debt accumulating from higher education, so let's keep our sleep debt to a minimum.
- **PLAY** - Exercise is really helpful in reducing stress and for increasing happiness and energy.
Try this: Split up your study time with a quick jog around campus, or start your day with a swim at the gym.
- **NAP** - Days can be long, especially with evening meetings, early classes, and homework to top it off. Break up the day with a quick nap, and you'll wake up refreshed, both mentally and physically.
Try this: Power naps, or quick 10-minute snoozes, work best so that you don't throw off your sleep-awake body rhythms too much.
- **BE REALISTIC** - You can only do so much in a day.