

Stressed? Try this

If you're feeling stressed, learn from research at the University of Cincinnati that looked at ways college students could unwind and unfrazzle. The study was published in the *Journal of Happiness & Well-Being*.

IMMEDIATE ACTIONS



- Stop, pause and breathe: Slow down, take deep breaths, and count backward from 10.
- See the bigger picture: Ask yourself if this is a big deal or not.
- Contact a friend: Everybody has a phone. Call someone who can listen.

LONG-TERM ACTIONS

- Diet and exercise: If you're eating healthy and being active, you'll tend to have lower stress levels overall. Exercise burns off negative energy. And the right food in moderation helps you avoid feeling weighed down.
- Daily "me time": Take time, even just 10 minutes, and go outside, walk, enjoy something.
- Remember to HALT: Take care of 4 things: Make sure you're not Hungry, Angry, Lonely, or Tired.

