

STRESS PREVENTION, MANAGEMENT, AND RELAXATION

But...what if I've done all those things? Well, nothing is foolproof, so if you are still suffering the slings and arrows of a stress-filled existence here are some tips on how to keep your sanity and relax:

- Lie down on a flat surface, with your arms at your sides. Starting with your feet, and moving all the way up to your head, tighten each group of muscles, one at a time, as tight as you can for a count of 20, and then relax them. Let your body go limp. It feels good, trust me.
- Take a deep breath and hold it for a count of 10 Slowly exhale and let your body go limp.
- Think about a place you would rather be: a beach, the lake, the woods. Think about what kinds of things you would do there.
- Talk to a friend you know is a great listener. Talking about what's causing your stress won't make it magically disappear, but it will relieve it somewhat.
- Spontaneity is a good thing. You can't always schedule fun, because then it's not fun, is it? Goof off every once in a while.
- Always have something to look forward to. It's always nice to know that there is something fun waiting for you.
- Make sure you have some "me" time every day. Do not schedule work during this time. Do something fun that you enjoy, like reading, going for a walk, going for a drive, talking with friends, whatever. Just take time out for yourself.
- Exercise. It's a refreshing, energy-replenishing activity. And it's good for you too.
- Help someone else. If you are worried about yourself, often helping someone else relieves that worry.
- Have a hobby or an activity that you can do which will demand your full attention, so that you can forget about work, school or other sources of stress.

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<http://studentsuccess.louisiana.edu/tutoringresources>