

Drop your Stress

Stress can pile up easily, especially in college. To make like a rain cloud and let your stress drizzle out, all you have to do is remember a few key tips to “drop” your stress levels and feel the sun again.

Plan

Disorganization breeds stress. Take on projects one at a time and work on them until they are completed.

Play

We all need to occasionally escape from the pressure of life and have some fun. Take a break if you need one!

Priority

Prioritizing helps you focus on what's really important. If you are still overwhelmed, ask for help.

Limits

Recognize and accept your limits. Many people have a sense of inadequacy even when doing well. Set achievable goals for yourself.

Positivity

Avoid criticizing and learn to praise things you like in yourself and others. Negativity breeds negative results.

Talk

Find someone you can be open with. Expressing yourself to a stable support system can relieve emotional tension and build bonds.

Health

Exercise regularly and make sure you are eating healthily. Check with your doctor before starting new diets.