

# STRESS reduction

Stress can pile up easily, especially in college.  
What's more relaxing than a rainbow?  
A rainbow with tips about how to reduce stress.



- Learn to Plan*
- Prioritize & Ask for Help*
- Recognize & Accept Limits*
- Learn to Play*
- Be a Positive Person*
- Get Regular Exercise*
- Talk out Your Troubles*
- Change Unrealistic Expectations*

### **Learn to Plan**

Disorganization can breed stress. When possible, only take on projects one at a time and work on them until they are completed.

### **Recognize & Accept Limits**

We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself.

### **Get Regular Physical Exercise & Eat Healthy**

Check with your physician before starting new exercise programs or diets. You will be more likely to stick to one you like than one that makes you miserable.

### **Be a Positive Person**

Avoid criticizing others. Learn to praise the things you like in yourself and others. Focus on the good qualities around you. Don't forget to give credit where it's due-- including to yourself!

### **Prioritize & Ask for Help**

Prioritizing helps us focus on what is really important. If you are still overwhelmed, ask others for help-- delegate.

### **Talk out Your Troubles**

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

### **Change Unrealistic Expectations**

Remember you cannot please everyone! Decide what makes you happy and find a balance. Recognize your need to control-- it is OK if things are not done your way! If it takes one hour to do it great and two hours to do it perfect, go for greatness.

### **Learn to Play**

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