

StressBusters

tips, humor, & inspiration
to ease your way through finals...

Tomás Rivera Center
for Student Success

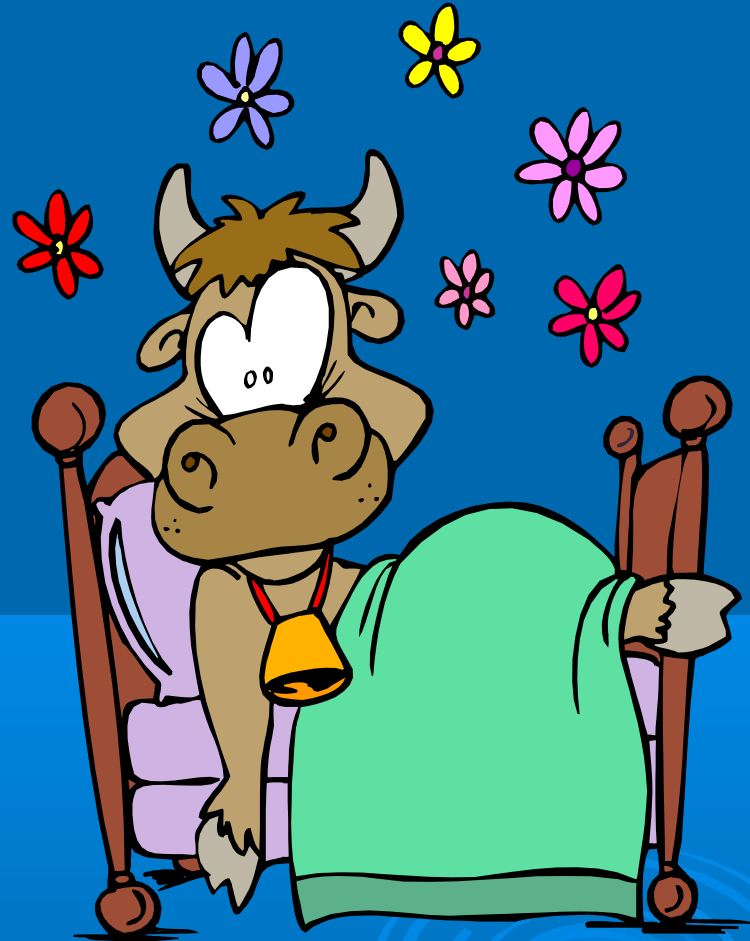
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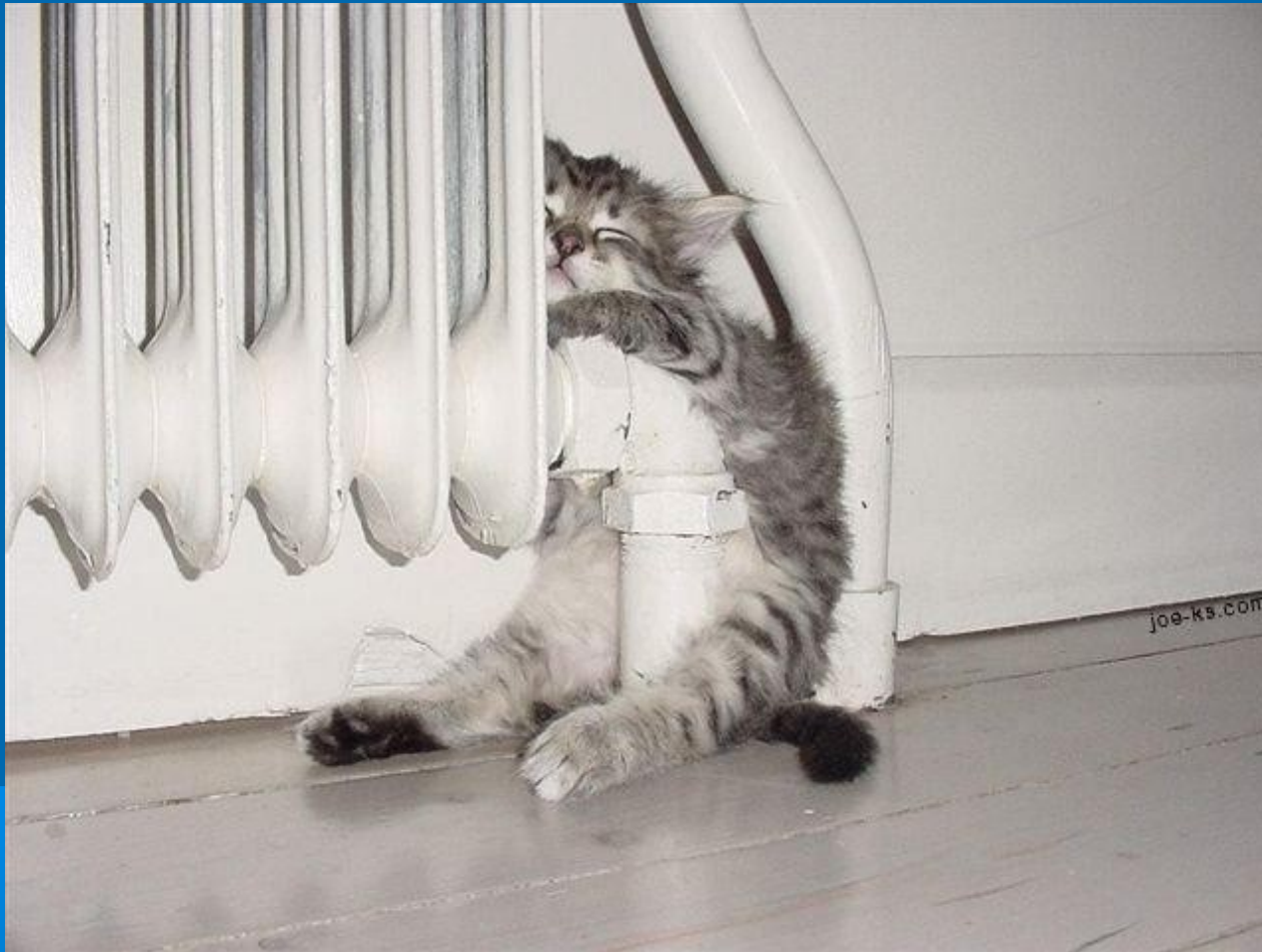
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StressBusters Tips

➤ Take Care of Your Body

- Get 8-9 hours of sleep on a **regular** schedule
- You cannot “make up” hours of sleep on the weekend, while depriving yourself during the week...
- You cannot borrow from the “Sleep Bank.”



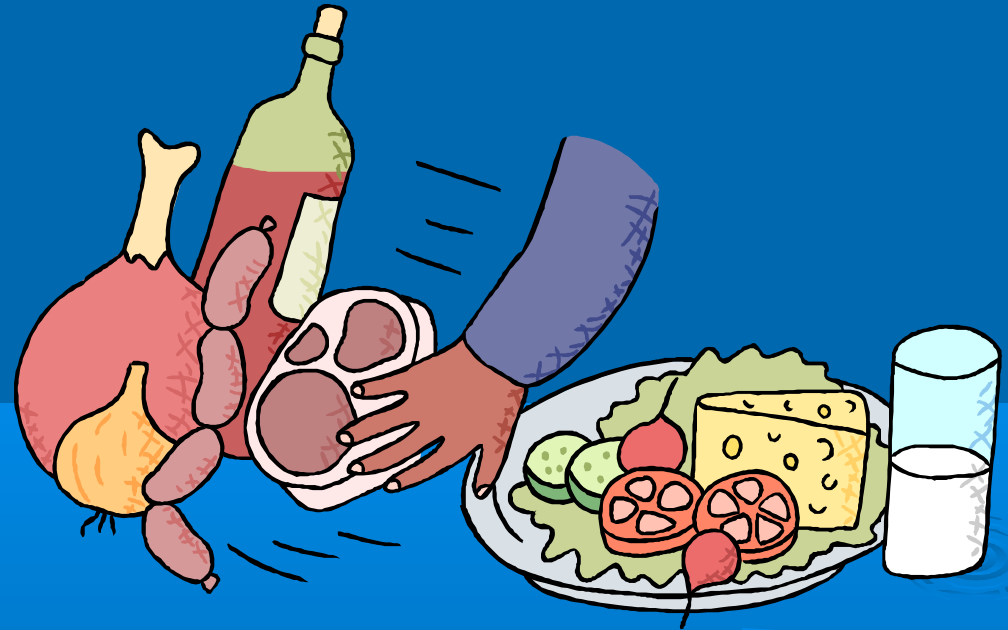


Catch a cat nap, where and whenever you can...

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StressBuster Tips

- Maintain a properly balanced diet
- Avoid / reduce:
 - Alcohol
 - Caffeine
 - Red meat
 - Sugar rich foods
 - Fast food





Milk-

**It does a
body good!**

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StressBuster Tips



- At a minimum- walk at least 10,000 steps every day
- Additionally, you should do aerobic exercise
 - 20-30 min
 - At least 3 x week

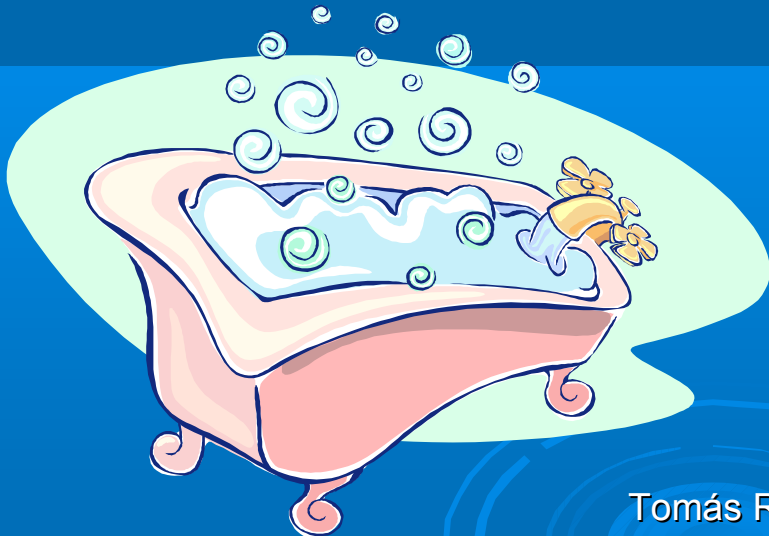


Don't strive to be the fattest cat around- Exercise!

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StressBuster Tips

- Get a massage
- Spend time in a sauna or relaxing bath
- Use a heating pad or icy hot to relax muscles...

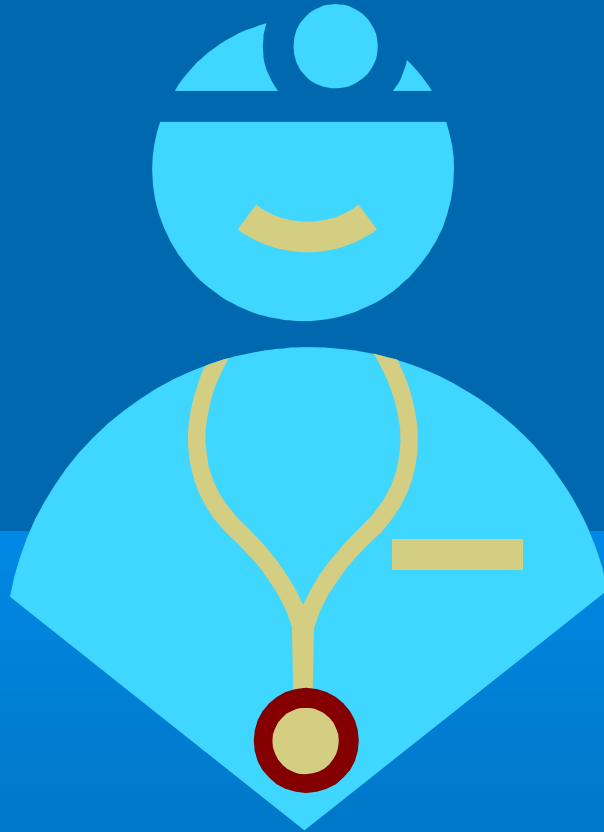




Just RELAX!!

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StressBuster Tips



- Get a medical checkup
 - Being in good physical health will improve your chances to fight off infections when you are stressed...



**Let someone
care for you!**

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StressBusters Tips

➤ Take Care with your Communication

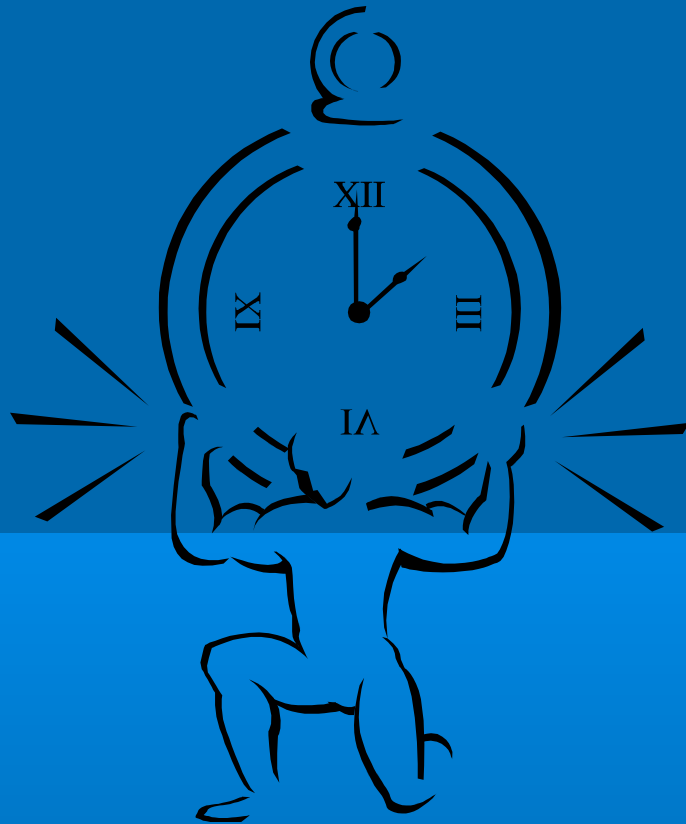
- Reflect before expressing anger
- Be direct instead of using jokes or sarcasm
- Use "I" statements instead of "You always..."
- Listen -- do not interrupt



**Sometimes you will feel alone,
but take the time to explain your point of view,
or why you are feeling yellow...**



StressBuster Tips



➤ Take Care with your Time

- Set goals & prioritize
 - Life priorities, not just academics/work
- Overcome procrastination

Just hang on to your priorities...



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StressBuster Tips

- Never all work and no play...



Take time to smell the flowers...



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StressBusters Tips



- Delegate responsibility
- Do not overextend yourself -- pace yourself
- Be realistic about deadlines and what you can accomplish

Delegation can make you blissfully happy!

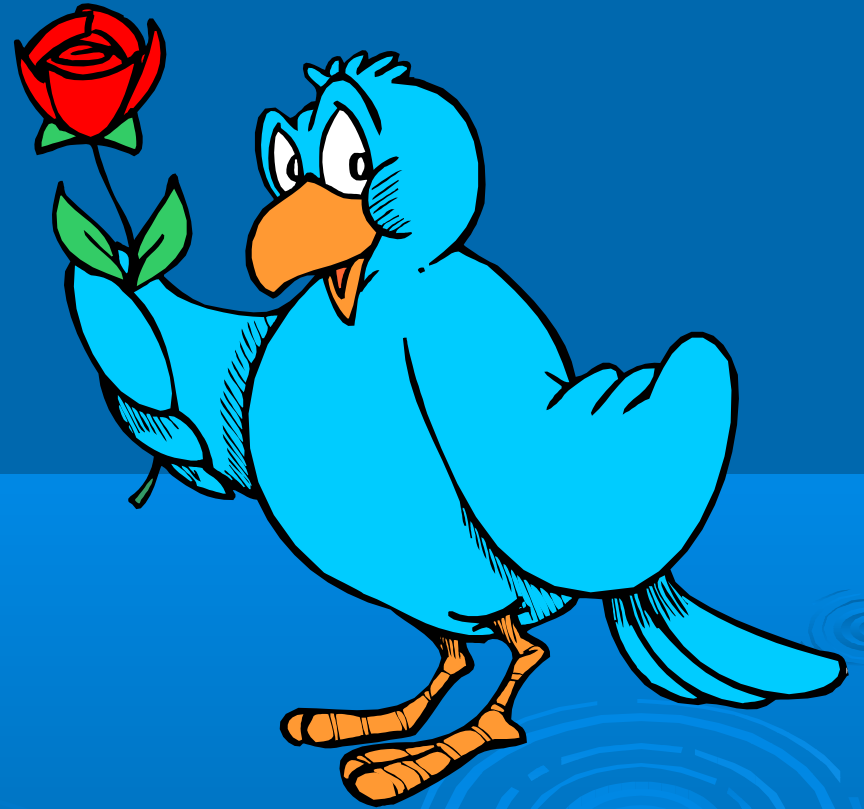


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StressBuster Tips

➤ Allow Others to Take Care of You

- You help others; why not let others help you?
- Spend time with *kind and respectful* friends & significant others





**Scare yourself up
some like minded
friends...**

StressBusters Tips



- Don't bottle up tension
- Talk to a supportive friend, clergy, or counselor



GO
WITH
IT!

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StressBusters Tips

➤ Take Care with Systematic Relaxation

- Meditation
- Yoga
- Tai Chi
- Deep breathing
- Guided Imagery





Have a break, have a Kit-Kat

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