

Stress Management Tips & Resources on Campus



Take a walk on the beach.

Pray, meditate - have some quiet reflection time.

Keep a journal.

Catch the R&R Squad at the Zone for a relaxing shoulder massage - free!
(zone.ucsd.edu)

Exercise - Check out the Zone for free classes (<http://zone.ucsd.edu>). Recreation also offers fun, affordable classes (<http://recreation.ucsd.edu>).

Listen to iRELAX audio recordings to soothe you - provided by Counseling & Psychological Services (<http://caps.ucsd.edu>).

Attend a time management workshop at OASIS (http://students.ucsd.edu/academics/_organizations/)

SLEEP

Get 7-9 hours of sleep each night to increase memory and your ability to process information.

Power nap (20-30 minutes) to improve alertness and performance.

PHYSICAL ACTIVITY

Keep active to increase alertness, elevate mood and aid learning.

Every hour, take a 2-3 minute stretch - get some fresh air!

NUTRITION

Fuel your body and brain to increase focus and mental function.

Eat lots of fruits, veggies, whole grains & lean proteins

Carry healthy snacks

Avoid too much caffeine and sugar

Eat breakfast

Drink lots of water



BREATHE: 4 X 4 X 6 to Calm and Refocus

To the count of 4, take a deep breath in,

Hold for 4 seconds,

Slowly exhale to the count of 6

Repeat several times.

