STRESS BUSTERS

Too much stress can literally lock down your brain. The good news, there are things you can do to help.

Meditate or Practice Mindfulness

Use your spare time in-between classes to close your eyes, take some deep breaths and relax. At home, google mindfulness or meditation and try one of the practices. Alternatively, check out one of the many mindfulness apps.

Practice Gratitude

It's easy to dwell on what has gone bad but recognizing the positives can make a situation seem less intimidating and has benefits too numerous to mention here. To maximize the benefits, make it a habit to think of three things you are grateful for each morning.

Set Daily Goals

Set short-term goals for yourself so you can have mini victories to feel good about each day. Having these wins will give you a better perspective on your day and a more positive outlook.

Take a Nap

If you get home from school and lack the energy to study, a 10-20 minute nap will reenergize you. Just 20 minutes is all you need for improved alertness, enhanced performance, and a better mood.

Stretch

Stretching can reduce stress throughout your day. When you become anxious or overwhelmed, you often become tight. Stretch while walking through the halls or waiting for class.

Get Creative

Engaging in a creative activity is shown to reduce stress and improve mood. At school it can be as simple as doodling. At home, sing, dance, draw, paint...you decide.

Get Active

Physical activity does wonders for stress. It doesn't matter if you run, walk, dance, lift weights or anything else that gets you moving. It all helps!

Make Sure to Laugh

Laughter is a powerful and instant way to boost your mood. If you don't see anything funny, look for something. There are all kinds of memes and videos out there.

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