

Laughter: Laughter releases endorphins, those feel-good hormones. Put the action flicks on hold and break out the comedies until the school



Call or Visit

**THE HEALTH SERVICES UNIT
The University of the West Indies
St. Augustine, Trinidad W.I**

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**This leaflet is prepared by the Health
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Stress Reducing Tips

**THE HEALTH SERVICES UNIT
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Stress Reducing Tips

Semester exams are fast approaching and we all know there is still a lot to cram before the end of the semester. Whether you are a staff member, student or both there suddenly seems to be an endless amount of things to get done each day.

That equals stress, but there are easy ways to deal with it. It is not always easy to tell the difference between stress and anxiety disorder. If you believe that you may have an anxiety disorder it is recommended that you visit one of our mood disorder screening to assist you during one of the most stressful times in the year.

The following are simple measures you may employ to reduce your level of stress:

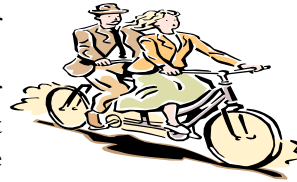
Planning: Nothing is more stressful than overload—and we are totally in the cramming weeks. Planning out a realistic schedule, complete with plenty of breaks, will make your days easier to

navigate.

Sleep: Be sure to get six to eight hours and try to go to bed around the same time every night. Don't take schoolwork to bed with you. Instead, unwind a little before lying down and then give your brain the rest it deserves.



Exercise: Walking, jogging, biking, hitting the gym, team sports...whatever works best for you. And mini breaks for stretching, short walks around the campus will help you relax.



Self-Soothe: Try: meditation, yoga, relaxation tapes, tai chi, pilates. Treat yourself to a massage!



Breathing: A break of 3-5 minutes to sit down and breathe deeply can work wonders. Try it.

Diet: It's a torrid time so you are going to need good fuel. Get your fruits and veggies and dodge the junk food. And fish, with its omega-3, is great for the brain.



Use Your Head: focus on positives, reassure yourself ("I can only do my best," "This will get done"), give yourself permission to stop thinking about school or other responsibilities at given times each day, and even feel free to "zone out" now and then.

Music: soothing music has been shown to lower tension, so load some easy listening music into your iPod and take a music break.

