



TRiO Student Support Services
South Dakota State University
You can go anywhere from here!

TRiO Student Support Services
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Stress Management

- ☺ **Exercise** – nothing beats stress like exercise.
- ☺ **Eat right and cut back on caffeine** (chocolate, coffee, and pop), which can make you jittery and anxious.
- ☺ **Don't pick up that cigarette!** Cigarettes do not calm you. They actually increase stress.
- ☺ **Vent to someone.** Talking with a good friend or a trusted adult about your stressors can help immensely. (Consider talking with somebody at the Counseling Center or with your Retention Advisor.)
- ☺ **Get organized.** Keep a daily planner, and use it faithfully.
- ☺ **Make lists.** When there are things that you need to do, buy, or tell someone, write them down so you don't forget.
- ☺ **Just breathe.** Sit in an upright chair in a quiet environment. Close your eyes, and place your arms comfortably at your sides. Breathe in slowly and deeply through your nose. Exhale slowly through your mouth. Do this several times a day for about 15 minutes. When doing this, imagine something calming and tranquil, like a quiet, sparkling, blue stream trickling down a lush, green mountainside.
- ☺ **Do first things first.** Prioritize your responsibilities. *Example:* Is it more important to go out for pizza with friends or to write that paper for English?
- ☺ **Don't sweat the small stuff.** Some things are just not worth worrying about.
- ☺ **Accentuate the positive.** Think about all of the good things in your life that you have to be thankful for. Most of the time we focus on the negative; try to remember the positive aspects.
- ☺ **Take some time to just chill out.** Go for a walk, see a movie, or listen to your favorite music.
- ☺ If you are stressed out because you have several exams in one week, **don't procrastinate.** Start studying at the beginning of the semester. Don't wait until the night before to begin studying.