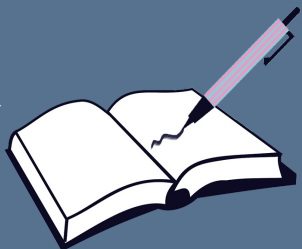


LIFE CAN BE SWEET AND SATISFYING, AND IT CAN ALSO BE STRESSFUL AT TIMES. BUILDING A TOOLKIT OF STRATEGIES TO DEAL WITH STRESS EFFECTIVELY CAN HELP YOU FEEL BETTER ABOUT THE PRESENT AND THE FUTURE.

### LIVE YOUR VALUES

What is meaningful to you? People tend to be most stressed when their life choices are out of sync with their values and passions, so devoting time and energy to those things can help limit stress.

**JOURNALING** can help sync your life with your values. Taking time to reflect can help you appreciate positive things, work through challenges, and know yourself better. Journaling can be especially useful if your feelings are all jumbled up or your mind is racing, and it can help calm you at bedtime.



### PRACTICE SELF CARE

Taking care of yourself each day can help you feel your best, making it easier to deal with stress.



- Get **nourishing food** into your body multiple times each day.
- Prioritize **restful sleep** (that means adequate quality and quantity) as many nights as you can.
- Do **something active** several times each week.
- Fit in **fun with friends**.

Give your brain much-needed rest and relaxation with **MINDFULNESS**. Mindfulness is about paying attention to the present without judgement – just focusing on what you’re doing or feeling at the time. It can help someone worry less about the past, the future, or the expectations of others.



#### TRY ONE OF THESE:

1. Take ten deep breaths and listen to your breathing without chasing the thoughts that come into your mind.
2. When walking to class or activities, take in our gorgeous scenery instead of using your phone.
3. Pay attention to your food when you eat a meal or snack, instead of multitasking.

### ADVICE FROM FELLOW HOOS:

“If you’re going to take a break, just take a break! Don’t worry about schoolwork at the same time, or it isn’t a real break.” - **M.H.**,

**CLAS 2017**

### HOO KNEW?

96.6% of UVA students believe forging supportive connections with peers helps them thrive.\*

### FILL YOUR TOOLBOX

1. **STRESS BUSTERS** help you feel better. Try some until you find what works for you, then ritualize them as part of your daily routine or use as needed when life gets messy. **MAKE A LIST OF YOUR STRATEGIES** so you’ll be ready when the stress strikes and you need quick relief!

➔**SOME IDEAS:** Soak in the hot tub at AFC • Eat your favorite food • Give a big hug • Do a random act of kindness • Dance • Watch funny videos • Have tea or coffee with a friend • Create something beautiful • Listen to your favorite song • Sit still in a quiet place • Get outside

2. **ASK PEOPLE** you look up to which strategies work for them to deal with stress, then give those a try.

3. **CONFIDING** in friends or family about your values, hopes, and challenges can strengthen your relationships, renew your focus, and help you deal with stress.

### HOO KNEW?

Most UVA students have zero to three drinks on a typical Friday night.\*

When someone drinks a lot of alcohol to deal with stress, or drinks when feeling anxious or sad, the alcohol can actually increase their stress. If experiencing stress from alcohol, limiting alcohol can help.

\*From the Spring 2015 Health Survey with responses from 931 UVA students

➔**SAVE THE DATE:**  
**MENTAL WELLNESS SCREENING DAY**  
THURSDAY,  
FEBRUARY 23

➔**WANT THIS POSTER FOR YOUR ROOM? FEEL FREE TO TAKE ME HOME**  
MARCH 20 - 24.

➔**TALK TO US AT**  
STALLSEATJOURNAL@VIRGINIA.EDU

### RESOURCES:

➔**Madison House HELP Line**  
**(434) 295-TALK**  
No issue is too big or too small. They’re here to listen. They serve all.

➔**Counseling and Psychological Services (CAPS)**  
**(434) 243-5150**  
One-on-one consulting and growth groups can help students tackle stress.

**Check out growth groups on the web.**

# MANAGING STRESS