De-Stress Your Life

Helpful tips to bring your stress level DOWN

- Listen to music with headphones
- Listen to the radio, or a tape featuring:
  - sounds of the ocean in the background
  - your favorite book
  - guided imagery and meditation
- Sing along to your favorite music
- Put on upbeat music you can dance to
- Read a magazine or book.
- Lay down for 15-20 minutes with your eyes closed
- Lay still and cuddle with a pet or a stuffed animal
- Take a 15-20 minute walk
- Do stretching exercises for 15-20 minutes
- Go to the gym
- Go to the store
- Go to a support group meeting
- Use aroma therapy –
  - purchase several scents that appeal to you and inhale them while relaxing
- Ask someone close to you to give you a massage –
  - Foot and shoulder massages are especially good de-stressors
- Call a friend
- Write your feelings down in a journal

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