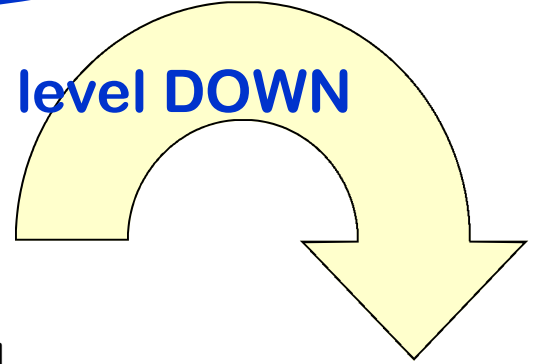


# De-Stress Your Life

## 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



Health  
Promotion

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