

# STRESS

# BUSTING

## Activities To Do When You're Feeling Stressed!

With school work, sports, extracurricular activities, and so much more, it can be hard to find time to relax and unwind. However, it is important to make sure you have time to relax and release any tension or stress you may have.

We have a few activities you should consider doing when you're feeling stressed or anxious.



### Eat Right!

It is even more crucial during those busy times that you watch what you eat and make sure it's food that is healthy and will keep you fueled throughout the day. The last thing you want to do is fill up on junk food and feel sluggish and unmotivated!

### Sleep, Sleep, Sleep!

Even on those nights you have practice and a big paper due the next day, you do not want to skip out on sleep. Make sure to prioritize and plan ahead! It is most important to get the recommended eight hours of sleep every night to refuel your body and allow you to perform your absolute best.

### Get Up & Moving!

During the busy times, it's just as important to get your daily exercise in. It doesn't have to be a lengthy, hour long workout to be effective. Doing just 15-20 minutes throughout the day (consider doing 2-3 minute exercises at a time – i.e. 15 jumping jacks, 20 squats, etc.) allows your body to improve.

### Solitary Time Is Key!

If you've been working on group project after group project, it is significant to take a break in between to allow for "me" time.

### Find That Balance!

When things seem to be overly chaotic, it's key to make a list that you can easily follow and check off items as you go. This allows you to complete tasks in an organized manner and not get bogged down!