Success is rooted in

Balanced Living

Visualize
Choose Consciously • Laugh
Exercise • Express Gratitude
Sleep • Eat well • Breathe Deeply

Get more stress tips and posters: www.gannett.cornell.edu
Exercise

Relieve stress. Improve your sleep.

Exercise is a healthy way to release pent-up energy, anger or anxiety. Just 30 minutes of moderate exercise releases endorphins, the body’s natural mood enhancers. Any physical movement can help you relieve stress. Try walking, running, biking, dancing, swimming, skating, shooting hoops, or working out at the gym.
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Breathe

Quiet your mind. Release tension.

Slow deep breathing can reduce anxiety and disrupt repetitive or negative thoughts by focusing awareness on the present moment. A change in breathing can shift your mood and perspective.

Try taking a deep breath in through your nose for 3 seconds . . . hold for 2 seconds . . . and breathe out through your mouth for 6 seconds.

For more information:
www.gannett.cornell.edu
Search for “Understanding and Managing Stress at Cornell”
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Choose Consciously

Support your best interests.

When you consciously choose, you make decisions based on your personal values and priorities. This increases your sense of control over how you spend your time, how you respond to others, and how you react to situations.

Try this: Think of a priority you want to make time for today. Now, commit in your mind to follow through. Make a plan. Notice how this can shift your mood and give you a sense of power over the task or situation.

For more information:
www.internalsfocus.com (see wellness basics)

Co-sponsored by Gannett Health Services and the Cornell Fitness Centers

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Eat Well

Food is fuel.
Just as your I-pod and phone must be regularly recharged, so do your mind and body in order to work. Quality foods, eaten at regular intervals, are the essential fuel the body needs to stay productive throughout the day. Rethink how you fill your plate to get a maximum “power charge” every day.

Divide your plate into 4 equal pieces:
• 2 for fruits and veggies
• 1 for starches
• 1 for protein

For more information:
Cornell Healthy Eating Program at Gannett: 255-5155
CFC Nutritionist: 255-3703
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Visualize Success

Create it now.

By visualizing or mentally-rehearsing a task you want to master, you can attain many of the same benefits you would from actual physical practice.

- Think about a goal or task you want to accomplish.
- Imagine what you will need to do to reach the goal.
- Visualize yourself doing the task well.
- Experience the sounds, smells, or other sensations you would encounter.
- Now, focus on how your success feels.

For more information:
“The Relaxation and Stress Reduction Workbook,” by Davis et. al. Available at the Gannett Pharmacy.
Laughter is a natural stress buster. It can be a powerful antidote to burn-out. Hearty bellylaughs exercise muscles, stimulate circulation, decrease stress hormones and boost immunity. The best part is that your body cannot differentiate between “real” and “fake” laughter. So even if you don’t feel like it, the act of laughing will still create positive physiological and psychological results.

When was the last time you had a good laugh?

For more information:
• Laughter Yoga International: www.laughteryoga.org
• “Humor as an Instructional Defibrillator.” Ronald Berk, 2002.
Express Gratitude

Appreciation can make your day.

Gratitude is an attitude you can choose that makes life better. People who practice gratitude regularly have higher levels of optimism, physical well-being, alertness, and determination.

Try this: Make a list of things and people for whom you are grateful today. Add to the list over time.

For more information:
- www.gogratitude.com
- www.gratefulness.org
Sleep

Improve your memory.

Did you know that sleep helps repair the body, reduce stress, and improve mood? As you sleep, your brain is busy organizing and correlating memories. After a good night’s sleep, your thoughts are clearer, your reactions faster, and your emotions less fragile. The bottom line is that sleep is a necessity, not a luxury. Your top academic and athletic performance depends on adequate sleep. So make it a daily habit to get 8-9 hours of ZZZZZZs.

For more information:
• www.gannett.cornell.edu (search “Sleep”)
• SleepNet.com