Thoughts Matter
Thoughts matter when it comes to stress. Every thought, every perception creates feelings that can either activate the stress response or the relaxation response. By becoming more aware of your thought patterns, you can identify what triggers your responses. Many strategies can help you to counter stressful thoughts and maintain emotional balance. Learn more online: www.gannett.cornell.edu/stress
Nature is in perfect balance. When you view it or immerse yourself in it, you can connect with your own natural equilibrium. Nature can remind you to keep life in perspective, and help you feel renewed and focused.

Try this: Go for a walk, take in the view outside your window, watch a squirrel, or listen to the wind. Notice how it influences your thoughts and overall mood.

Learn more stress tips: www.gannett.cornell.edu
Express Gratitude
Express Gratitude. Gratitude is an attitude you can choose, even when things are difficult. Giving and receiving appreciation reminds us that we are not alone and belong to something bigger than ourselves.

Try this: Make a list of people and things you are grateful for today. Add to the list over time. Express your thanks daily. Notice how it makes you feel.

Learn more stress tips: www.gannett.cornell.edu
Use Resources. Hundreds of people across campus can offer information, support, and encouragement when you encounter challenges. Reaching out to others can save time, reduce frustration, and provide options or perspective you may not have considered. Everyone needs a little support once in awhile.

Try this: Access resources early, before an issue becomes problematic.

Learn more stress tips: www.gannett.cornell.edu
Choose Consciously
Choose consciously. Making conscious choices based on your personal values and priorities means living with intention. It can increase your power over how you spend your time, respond to others, and react to situations.

Try this: Think of one thing you want to accomplish today. Focus your mind on this intention. Notice the increased sense of control and clarity on how to proceed.

Learn more stress tips: www.gannett.cornell.edu
Think Positively
Think positively. A healthy dose of optimism helps you make the best of stressful situations and increases your chance of success. Positive thinking allows you to hold on to positive feelings about yourself in times of disappointment, and to bounce back more quickly.

Try this: Remind yourself each day of one of your strengths. How can you use these to overcome adversity and accomplish goals?

Learn more stress tips: www.gannett.cornell.edu
GROW FROM MISTAKES
Grow from mistakes. Successful people say what they learned from their mistakes enabled them to succeed. Give yourself permission to be imperfect so you can open yourself to learning. “Failure” doesn’t mean you aren’t doing your best. It may mean it’s time to evaluate what got in the way of a better result.

Try this: Use self-examination or ask for feedback on where to focus your efforts next time to create a different outcome.

Learn more stress tips: www.gannett.cornell.edu
Get More Sleep
Get more sleep. The benefits will affect nearly every area of your life. Sleep helps repair the body, helps you cope better with stress, and improves memory and learning. After a good night’s sleep your thoughts are clearer, your reactions faster, and your emotions less fragile. **Try this:** Set your bedtime 15-30 minutes earlier. Gradually, add more minutes until you are getting at least eight hours each night. Learn more stress tips: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)
Reflect
Self-reflection allows you to re-connect with your thoughts, feelings, and needs. It can help you “take stock” of attitudes and behaviors you want to keep, and those you hope to change. Making time to reflect can reduce stress by keeping you centered on what is most important for you.

Try this: *Keep a personal journal as a tool of self-discovery, to explore ideas, and set intentions.*

Learn more stress tips: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)
Control Worry
Control worry. Sometimes worry is a symptom that something needs your attention. Focusing on the source of the worry can help you explore its seriousness and take action. Other times, the source of a worry is beyond your control. If such worries create repetitive thoughts or anxiety for you, learning how to “let go” can help restore peace of mind.


Learn more tips: www.gannett.cornell.edu/stress
Connecting with people who respect and care about you, and offer support rather than judgment, is one of the best ways to restore balance and renew your hope (or “energy”). Studies show that people who have close and trusting relationships feel less stressed, anxious, and depressed.

Try this: Take time every day to share a meal, walk to class, see a film, or shoot hoops with a good friend.

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