

10 EASY WAYS

TO REGROUP
AND RECHARGE

Breathe

Eat a good
snack

Visualize

HAVE SOME FUN

Relax your body

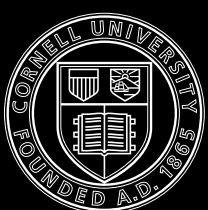
LISTEN TO MUSIC

EXERCISE

MEDITATE

Laugh

Take a power nap



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stress, visit www.gannett.cornell.edu.

BREATHE: Deep breathing empties your mind of anxiety and refocuses your attention on the present moment: • *Take a deep breath, in through the nose for three seconds; hold for two seconds; now breathe out through the mouth for six seconds.*

MEDITATE: Meditation builds on deep breathing, similar to a sleep state, but carries added benefits including the release of hormones that promotes health.

• *Begin with deep breathing, adding an affirmation with each breath. Just start with “I am smart, confident, capable, organized.”*

TAKE TEN TO REGROUP AND RECHARGE

Affirmations will depend on your source of stress.

VISUALIZE: Visualization functions as if you are physically doing a task so that you can actually improve your

performance by imagining it first. • *Close your eyes and take a few deep breaths. Now imagine yourself mastering a task that is causing you anxiety, such as taking an exam.*

RELAX YOUR BODY: Muscle relaxation relieves tension and helps you feel more relaxed in minutes and it does not require any equipment or specialized training.

• *Starting with your toes, tighten and release muscle groups, working progressively up the body to your head.*

EXERCISE: Exercise provides a distraction from stressful situations and an outlet for frustration. In addition, it releases endorphins, the body’s natural mood enhancers. • *Any type of body movement is beneficial to your health, such as, taking the stairs instead of the elevator, walking to class rather than taking the bus, or working out at the gym.*

POWER NAP: Most effective in the afternoon, a power nap can make you more alert, reduce stress, and improve cognitive functioning • *Find a suitable “snoozing” spot; take a few deep breaths; and fall into a peaceful slumber. Be sure to set your alarm for 20 minutes to maximize benefits.*

EAT QUALITY FOOD: Quality food, eaten at regular intervals, works as fuel, allowing your body and mind to function optimally. • *Be sure to include a variety of foods at meals. Combine foods, such as an apple and cheese, to create energy-inducing snacks.*

LISTEN TO MUSIC: Music can energize or relax you. Some studies show it can lower blood pressure and respiration, creating a calming effect. • *Select your music based on whether you want to enhance the mood you’re in, or to shift how you’re feeling. Musical preferences are personal. What is “relaxing” for one person, may be “annoying” to someone else. Listen to your body and play what works best for you.*

LAUGH & ENJOY: Both laughter and fun release the tension of built-up feelings and can lend perspective. They permit you to turn off the adrenaline response brought on by stress. • *Make a list of the activities you enjoy and/or that make you giggle. Set aside time to experience them on a daily basis.*

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