



Stress Management



As the summer is winding down, it's time to start thinking about college. Whether you're just starting as a freshman or planning to graduate this year, it can be a very stressful time. We're here to help, so we collected some top stress relieving tips.

1. Organization can make a dramatic difference while managing stress. Try keeping a planner or calendar with a list of all of your appointments, projects/homework, class times, etc. Make checklists for shopping or create a "Daily To-Do List". Just by writing everything down it can make it easier to remember. Figure out what system works for you and stick with it.
2. Get an adequate amount of sleep. If your nightly sleeping schedule is varying, try to take a cat nap during the day or set aside at least one night a week to go to bed early. Sleep can make all the difference while managing stress
3. While getting enough sleep is key, what you eat is just as important. Food is fuel for your body, and by not eating a proper diet you may be putting physical stress on your body. Make sure to eat a healthy and balanced diet of: whole grains, fruits, vegetables and proteins.