

Give yourself a break

Make time to give yourself a break – planned breaks can improve the quality of your work and study time.

- ◆ Take scheduled study breaks – for example, for every 2 hours of study, take 20-30 minutes off, or take 10 minutes off every hour if that works better for you.
- ◆ Schedule time to be with friends – you can't study or work 24 hours a day; a lunch break or walk with a friend will give your brain and body a break during stressful times.
- ◆ Schedule time to exercise – physical activity promotes a sense of wellness and diminishes stress.

Practice relaxation – find what works for you

- ◆ Deep breathing exercises
- ◆ Meditation
- ◆ Massage
- ◆ Yoga
- ◆ Reading, writing, music and art are all forms of relaxation
- ◆ Play an enjoyable sport – walk, swim or go for a jog

Keep things in perspective

- Try to separate what you can control from what you can't as much as possible. Let go of things you cannot control.
- Try to see things as 'glass half full' – if you expect things to go wrong, if you see things in a negative light, you are more likely to feel stressed.
- Try to focus on your strengths and the positive things around you – don't lose track of the things that are going well in your life.

Talk it out – Talk to someone about your experience with stress

- Talk to family and friends – sometimes support, compassion and understanding are all it takes to help reduce stress and pressure.
- Go to the Sakala Success Centre to meet with someone and talk about what is stressing you out.

For more information on stress, check this out:

- [What kind of stress is good for you](#)
- [Coping with Stress](#)

Adapted from: <https://www.jedfoundation.org/stress>