STRESS BUSTING TIPS

FEELING LIKE YOUR MIND IS FULL?
Try these strategies while at Parks Library or anywhere you study, to relax, focus and power through Prep and Finials Weeks. Short-term stress can affect appetite, lead to headaches, and impact sleep. Stay positive with techniques to reduce your short-term stress and improve your overall health.

1. ORGANIZE
You don’t need a fancy app or software to organize your thoughts and clarify tasks. A to-do list that is broken down into manageable pieces helps you prioritize so you can check things off.

- Try setting a timer for 15 minutes, especially if you find yourself procrastinating. It’s easy to do just about anything for 15 minutes. Racing the clock will help keep you on task.
- Be proactive and include other stress busters in your overall study plans.

2. BREATHE
Find yourself holding your breath, especially when focusing on challenging material or when you’re tired? Try to utilize one of these intentional breathing techniques daily.

- The Abdominal Breathing Technique helps focus the mind and positively affects cardiac health.
- Try a visual guide to gentle breathing via xhale.com.

3. PLUG IN, TUNE OUT
Take a mental break without leaving your seat. Close your eyes and go with the flow.

- Search your favorite streaming services for relaxation or meditation music.
- Loop a title like Tranquility, In the Light, or Quiet Time to soothe emotions and reset your mind.
- Classical music (without lyrics) can easily carry you through a late night or early morning of studying.

4. MEDITATE

- Calm your mind with a 20-minute guided meditation or try a shorter option.
- Try one of these apps for free before subscribing: tenpercent.com or headspace.com.

5. MUSCLE RELAXATION

- Seated yoga stretches can activate lethargic muscles and release tension. Visit Yoga with Adrienneto to check out chair-yoga techniques that you can do while studying.
- Progressive muscle relaxation relieves stress by slowly tensing and then relaxing muscle groups, one at a time.

OTHER HELPFUL RESOURCES:
Iowa State University Student Counseling Services