



Don't Sweat the Small Stuff



Stress is a part of our lives each and every day. Managed stress can be useful and healthy (viewing events as challenges), while unmanaged stress can become distressful and unhealthy.

Stress can be caused from a number of things such as major life changes, daily hassles, as well as the expectations we put on ourselves, the expectations of others, our physical environment (noise, movement, weather, season changes), and our internal environment (academic pressure, frustration, not enough time, decisions, and social obligations).

Symptoms of unmanaged stress can be physical, mental, emotional or behaviors. Some common symptoms include:

- Increased heart rate & blood pressure, irritability, fatigue, depression
- Lack of interest & ability to concentrate
- Avoidance behaviors; abuse of alcohol & other drugs, tobacco



10 Easy Ways to Reduce Stress

1. **STOP** - Whatever activity you are engaged in... stop and quiet your mind.
2. **BREATHE** - Slow breathing down to a regular pattern. Close your eyes and take 10 breaths, slowly inhaling through your nose and exhaling through your mouth
3. **LISTEN** - Quiet your mind by listening to your breath as you inhale and exhale.
4. **LAUGH** - Keep a book of jokes within reach or post some cartoons near by.
5. **REST** - Take sometime to relax and collect your thoughts
6. **EXERCISE** - Take a short walk and breathe deeply.
7. **BE PRESENT** - Don't recycle old thoughts, stop worrying about the past and live in the present. Remember, you can't change the past or predict the future.
8. **PHONE A FRIEND** - Talk things over with a friend. Talking is a great way to relieve stress.
9. **GET A MASSAGE** - A good massage can relive the toughest stress. If you can't go and get one, give one to yourself. Rub your temples, shoulders, and the back of your neck.
10. **SEEK HELP** - If you feel that you are unable to do it alone, seek help. There are professionals there to make your life more manageable.

Take time for yourself !

Be sure to leave time at the end of the day to do what you want for yourself; read a book, take a bath, watch a movie, get a massage

Upcoming Wellness Events

Wellness Appreciation: "Anxiety"

April 15, 1-2pm, ASC 306

How to determine your stress response and ways to cope with general anxiety. Contact the Wellness Center at x26309 to sign up.

Zumba Party

April 19, 6:15-7:15pm, ASC Ballroom

Ditch the workout and join the Zumba Party! If you've always wanted to try Zumba this is your chance for a FREE class. All SCSU students are invited!

www.southernct.edu/fitnesscenter/
fitnesscenter/events

Happy Hour Fitness Tuesdays

Looking for a way to get in shape for summer? Sign-up for a Happy Hour Fitness Tuesdays group exercise class at the Fitness Center. A FREE class is offered every Tuesday night in April. Call the Fitness Center to register. Space is limited. Visit

www.southernct.edu/fitnesscenter/ for more information. Students only!

Southern on the MOVE



www.SouthernCT.edu/OnTheMove