



COUNSELING CENTER

Stressbusters!

Learn how stress can affect your mind and body, and what you can do about it. Did you know that there are proven ways to reduce stress? This workshop will focus on how to make stress manageable.

Signs and Symptoms of severe and prolonged stress:

- Irritability
- Anxiety
- Fatigue
- Decreased motivation
- Headaches
- Difficulty concentrating
- Depression and frequent mood changes
- Racing thoughts and increased disorganization
- Trouble sleeping
- Stomach issues
- Eating too much or too little

Some quick tips/strategies that have been repeatedly shown to reduce levels of stress:

- Progressive Muscle Relaxation- contract muscles for 10 seconds, exhale and suddenly release the muscle. Start with the lower body and work your way up.
- Fight the sugar cravings. The release of stress hormones often causes sugar and fat cravings, and can cause weight gain. Instead, consume lots of fruits and vegetables.
- Gum chewing has been consistently shown to reduce levels of stress.
- Get a massage. Even a quick massage can reduce stress and lower blood pressure.
- Take a 20 minute nap. Studies show napping reduces levels of several stress hormones.
- Laughing. Laughter has been shown to reduce levels of stress hormones.
- Drink green tea. Green tea drinkers were found to sleep better and felt less stressed.
- Hugging and kissing have been shown to help reduce blood pressure and stress levels.
- Playing with a pet for just 10 minutes has been shown to lower cortisol levels.

Did you know there are several easy ways you can reduce stress and anxiety that **are more effective than anti-anxiety medication?** What are they? Join Stressbusters to find out!

