Stress Reduction Strategies and Tips

1. Plan, organize and use your time wisely
2. Eat healthy foods in small portions (and reduce sugar, caffeine, and fast food)
3. Get enough sleep – many college students are sleep deprived
4. Take time out each day for relaxation (personal quiet time)
5. Exercise regularly
6. Learn to say no and set limits
7. Spend time with people who are supportive and positive
8. Don’t be afraid to ask for help
9. Accept help when it is offered
10. Talk things out with others who you trust
11. Laugh often – humor really is good medicine
12. Don’t dwell on mistakes, focus on opportunities for growth
13. Live in and enjoy the moment
14. Explore your interests, develop hobbies and do things that are fun
15. Read for pleasure
16. Take slow, deeper than normal breaths
17. Stretch
18. Develop your spirituality – find a sense of purpose and meaning in life
19. Adjust your expectations – be realistic
20. Recognize when you cannot change something and work to accept it or let it go
21. Use your creativity to solve problems
22. Give yourself encouraging messages
23. Put things in perspective and keep in mind what is really important
24. Rely on those who care about and nurture you
25. Enjoy the little things
26. Strive to keep a positive outlook

Federico “Felito” Aldarondo, Ph.D.
UK Counseling Center:
Consultation and Psychological Services
201 Frazee Hall
University of Kentucky
(859) 257-8701
http://www.uky.edu/StudentAffairs/Counseling/

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