LIVE YOUR VALUES
What is meaningful to you? People tend to be most stressed when their life choices are out of sync with their values and passions, so devoting time and energy to these things can help limit stress.

JOURNALING can help sync your life with your values. Taking time to reflect can help you appreciate positive things, work through challenges, and know yourself better. Journaling can be especially useful if your feelings are all jumbled up or your mind is racing, and it can help calm you at bedtime.

FILL YOUR TOOLBOX
1. STRESS BUSTERS: help you feel better. Try some until you find what works for you, then ritualize them as part of your daily routine or use as needed when life gets messy. MAKE A LIST OF YOUR STRATEGIES so you’ll be ready when the stress strikes and you need quick relief!
   • SOME IDEAS: Soak in the hot tub at AFC • Eat your favorite food • Give a big hug • Do a random act of kindness • Dance • Watch funny videos • Have tea or coffee with a friend • Create something beautiful • Listen to your favorite song • Sit still in a quiet place • Get outside
2. ASK PEOPLE: you look up to which strategies work for them to deal with stress, then give those a try.
3. CONFIDING in friends or family about your values, hopes, and challenges can strengthen your relationships, renew your focus, and help you deal with stress.

PRACTICE SELF CARE
Taking care of yourself each day can help you feel your best, making stress easier to handle.

• Get nourishing food into your body multiple times each day.
• Prioritize restful sleep (that means adequate quality and quantity) as many nights as you can.
• Do something active several times each week.
• Fit in fun with friends.

Give your brain much-needed rest and relaxation with MINDFULNESS. Mindfulness is about paying attention to the present without judgement – just focusing on what you’re doing or feeling at the time. It can help someone worry less about the past, the future, or the expectations of others.

TRY ONE OF THESE:
1. Take ten deep breaths and listen to your breathing without chasing the thoughts that come into your mind.
2. When walking to class or activities, take in our gorgeous scenery instead of using your phone.
3. Pay attention to your food when you eat a meal or snack, instead of multitasking.

When someone drinks a lot of alcohol to deal with stress, or drinks when feeling anxious or sad, the alcohol can actually increase their stress. If experiencing stress from alcohol, limiting alcohol can help.

Most UVA students have zero to three drinks on a typical Friday night.*

*From the Spring 2015 Health Survey with responses from 931 UVA students

HOO KNEW?
96.6% of UVA students believe forging supportive connections with peers helps them thrive.*

RESOURCES:
+ Madison House HELP Line (434) 295-TALK No issue is too big or too small. They’re here to listen. They serve all.
+ Counseling and Psychological Services (CAPS) (434) 243-5150 One-on-one consultations and growth groups can help students tackle stress. Check out growth groups on the web.

MANAGING STRESS

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