

A Guide To Battle Stress





MAINTAIN A Healthy Diet

Stress can adversely affect both your eating habits and your metabolism. The best way to combat stress or emotional eating is to be mindful of what triggers it and to be ready to fight the urge. Good foods will arm you nutritionally to fight stress better.

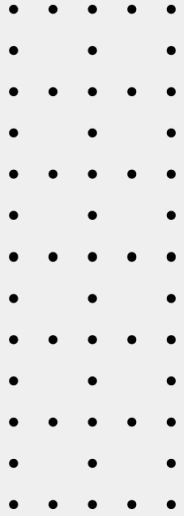


GET

Sleep And Rest

Regular online classes might create a lot of stress which gets amplified when you don't get enough sleep. It's especially important now to get the recommended amount of sleep to help you stay focused on work and on managing the anxiety and the stress that the current outbreak can bring. Avoid stimulants like caffeine before bed. If you still find yourself too stressed to sleep, consider developing a new pre-bedtime routine, including a long bath or a cup of caffeine-free herbal tea. And planning for tomorrow earlier in your day can help alleviate stress related to what's to come.





PURSUE A Passion

Indulging in your passions is a great way to escape stress and to open your mind to new ways of thinking. Things like playing music, reading, writing, painting, or even playing catch with your pet can help stimulate different modes of thought that can reap huge dividends over the coming week.





PREPARE FOR Upcoming Week

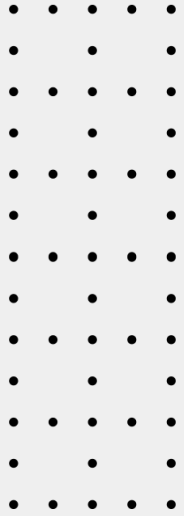
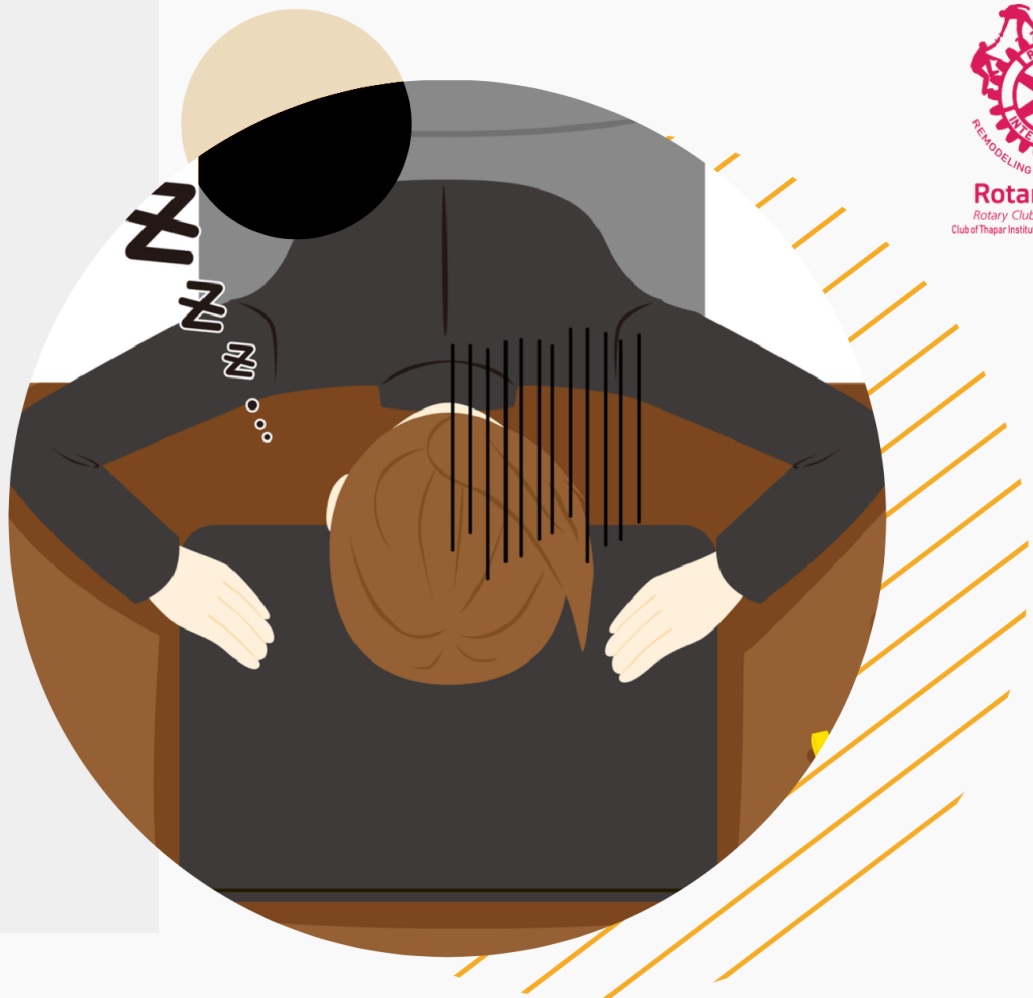
The weekend is a great time to spend a few moments planning your upcoming week. As little as 30 minutes of planning can yield significant gains in productivity and reduce stress. The week feels a lot more manageable and stress free when you go into it with a plan because all you have to focus on is execution.



LAUGH

Yes, laughter reduces stress. It enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Laughing can actually relax you and improve your mental health in the long run.





DON'T GIVE INTO The Academic Stress

Don't let the academic pressure keep you from doing what your heart desires. When you're stressed, check out a funny movie you've been wanting to see or book you can't help but read! Talk and laugh with your friends, or just watch some of those silly cat videos on YouTube.





EXERCISE

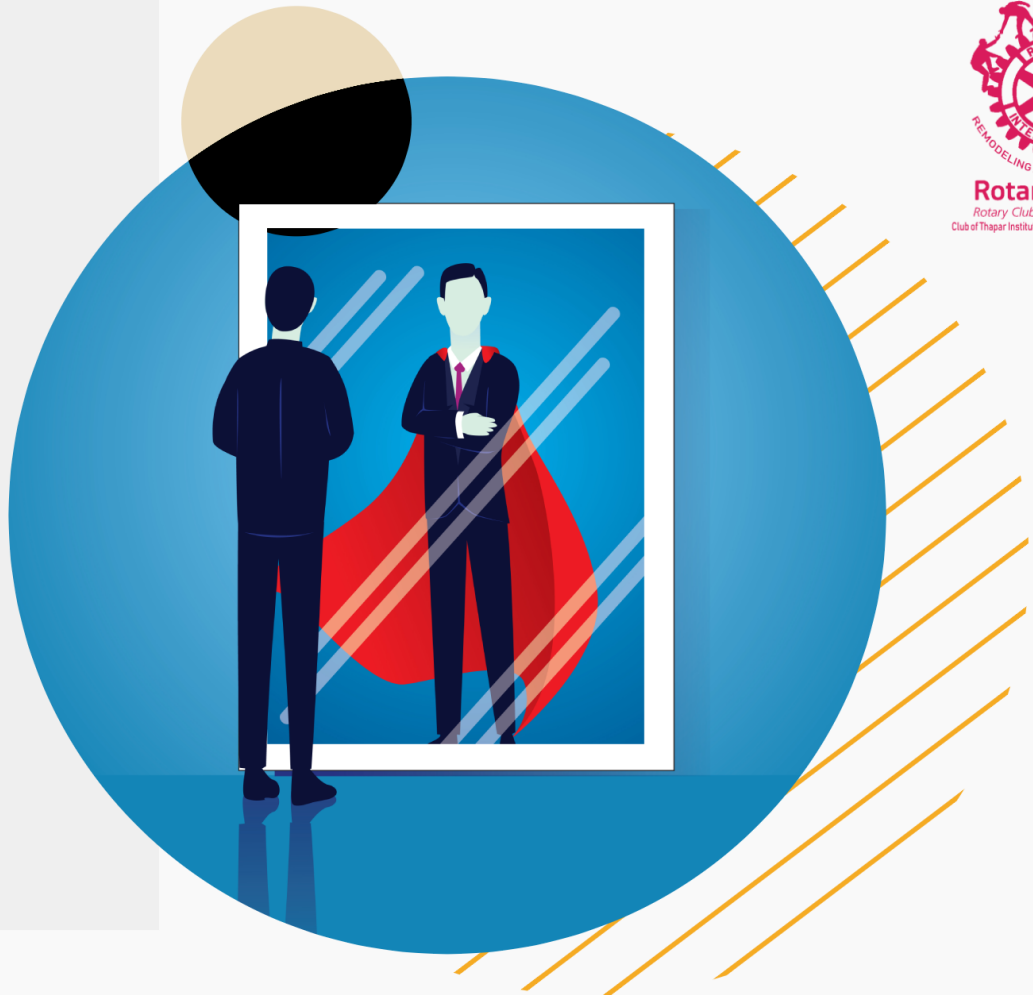
Exercise may not always easily fit into your schedule. But it's a time-tested way to manage stress for a reason: it works. Even a brisk 10-minute walk can boost endorphins and improve your mood.



TAKE A Break

While it's important to stay informed of the latest news and developments, the evolving nature of the news can get overwhelming. Play with puzzles, a board game, do a treasure hunt, tackle a project, reorganize something, or start a new book that is unrelated to coronavirus coverage.





TAKE TIME OFF For A Me Time

The stress you can feel when pursuing something holding deep significance for you can creep up on you. Take a moment to regularly check in with yourself to gauge how you're feeling, physically, mentally and emotionally.





CONNECT With Others

The importance of connection during times of uncertainty and fear cannot be stressed enough. Fear and isolation can lead to sadness and being anxious. We need to make a point to connect with others regularly. Reach out to family, friends and colleagues regularly via virtual platforms. Make sure that you are checking on those that are alone.