LiveWell

TIDET

Newsletter

MANAGING STRESS

Spend time in nature - going outdoors helps relieve stress naturally

> Eat a balanced diet - vitamins bolster the immune system

Don't be afraid to say "no" to avoid overloading your schedule

live

910



Make room for breaks, even during the week

> **Exercise** - even 5 minutes can stimulate anti-anxiety effects



Breathe - breathing techniques have a direct impact on your nervous system

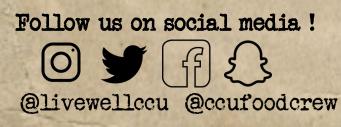
Enjoy hobbies outside of school or work



Sleep - 45% of adults feel more stressed if they don't get enough sleep

CLICK HERE

For more information about breathing techniques (Sign in with your CCU ID) and stress management!



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