

# MANAGING STRESS



**Spend time in nature  
- going outdoors  
helps relieve stress  
naturally**



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



**Make room for  
breaks, even during  
the week**



**Eat a balanced  
diet - vitamins  
bolster the  
immune system**



**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  
and stress management!**

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Contact us !

LiveWell Office  
LJSU B202

livewell@coastaledu

843-349-4031