**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

**Make room for breaks**  
- Even during the week

**Exercise**  
- Even 5 minutes can stimulate anti-anxiety effects

**Enjoy hobbies**  
- Outside of school or work

**Breathe**  
- Breathing techniques have a direct impact on your nervous system

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

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**Follow us on social media!**

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**Contact us!**

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