# **Stress Relievers for Students**



In the busy and stressful times, we must bear a healthy mind and body to minimize the effects of stress. To feel stress free and be more productive, here is some information about stress relievers for students.

## Think **Positive**

Be positive in your action, thought process, and words. Positive thinking creates a better and a environment conducive around vou. optimistic attitude gives good health, healthy relationships, and of course, success in your goals. So, let the brain give positive responses.

Visualization When you feel stressed out, take a quick break and take a dive into daydreaming. Paint an imaginary gives you scene that Concentrate on what you see, hear, and smell. Concentrate on the things that make you happy. Visualization helps to detach oneself from stress and turn off the stress responders.

### **Power Naps**

You will feel refreshed and less stressed out by taking proper sleep, which will also lead to more concentration and productivity.

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**Breathing** 

Repeated breathing exercise will give you a and relaxed environment increase your efficiency. It would also reduce your anxiety levels and relieve stress within minutes.

Healthy Diet Food boosts up your physical as well as your mental stamina.

Workouts

Exercises can be in the form of aerobics, brisk walking, gym, meditations, and yoga. Exercises build up your energy levels and also help your mind and body stay more relaxed and calm.

**Progressive** Muscle Relaxation

Progressive Muscle Relaxation (PMR) can be of great use during exams, or before going to bed. It relaxing involves muscle exercises like stretching and relaxing of muscles, which will reduce stress from your body.

Music

Students can be benefited by listening to classical music while studying, fast beats to get mentally charged up, or slow melodies to relax.

**Self-Control** 

Students often fail to manage their schedule, time, and finances, and are overloaded with work. This increases the stress levels and lowers the productivity. By simply managing these, stress can be easily avoided.



