

- Breathing** Repeated breathing exercise will give you a relaxed environment and 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 involves muscle relaxing 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.

