Contact information:

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Student Health Centre
Box 117
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Visiting address:
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Telephone:
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www.lunduniversity.lu.se/student-health
WARNING SIGNS OF STRESS

- Difficulty sleeping
- Withdrawing from friends
- Loss of interest in activities that used to be fun and enjoyable

AWARENESS EXERCISE

This exercise focuses on the body to interrupt the thought process. Close your eyes and sit upright in a chair with both feet on the floor. Focus on the different parts of your body from the soles of your feet up to your neck. Take one part at a time and simply observe how it feels without making any judgement on it. Next, focus on how you breathe in and out. If a thought comes into your mind, let it in but don’t concentrate on it – if you do, go back and focus on your breathing again. Finish by taking a deep breath and take on a straight posture.

For more information, visit our website: www.lunduniversity.lu.se/student-health