

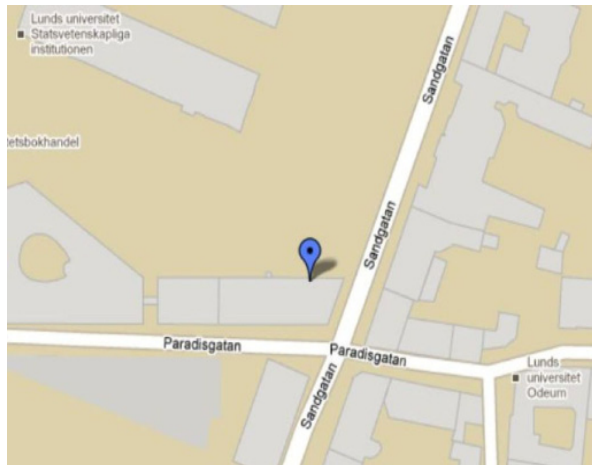
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www.lunduniversity.lu.se/student-health



LUND UNIVERSITY



Student Health Centre

Advice for effective stress management

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Top ten list – stress management

- Stress in itself is not harmful if you make sure to calm down and recover, from it.
- The foundation of stress management is taking good care of yourself with regular meals, sleep and exercise. Calming hormones are released with laughter, humour and physical contact. Going for a walk with your senses alert in green surroundings is a very good way to relax.
- Think about what you want and use the word NO.
- Good friends who are supportive and willing to listen will protect you in times of crisis, when demands feel too high and your self-confidence wavers.
- Not doing things is more stressful than doing them. Identify all the things you are trying to avoid. The greatest obstacle to study is not reading.
- Plan your day based on the time available rather than on the tasks to be done. An eight-hour working day gives students the right to free time too.
- It is difficult to solve a problem if you don't know what the problem is. Think in practical terms about what your greatest worry is today and how you would like the situation to be instead.
- Perfectionism can be paralysing. Aiming for a goal of 75% is better than 100%. Then you can be proud instead of ashamed of your results.
- Dare to take risks and fail. Accept failure and move on.
- Instead of gritting your teeth, try to open your mouth and relax your jaw. This immediately changes your breathing from shallow breathing to calmer abdominal breathing.

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