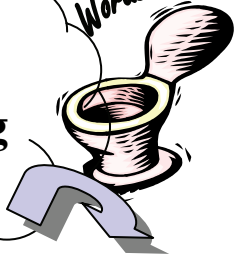


Tips for Managing Stress

Words to wiz by



The Monthly InSTALLment

UHS Health Promotion Office — University Health Service, Room 228 — www.rochester.edu/uhs



December 2008



The STRESS ZONE: Find Your Way Out!

WATCH for the next time you find yourself becoming angry at something trivial or unimportant. Then practice **letting go**, making a conscious choice *not* to get upset. Don't allow yourself to waste energy where it isn't deserved.

B-R-E-A-T-H-E slowly and deeply. Before reacting to the next stressful occurrence, take three deep breaths and release them slowly. For more stress relief effect, try some guided imagery while deep breathing. The palm trees are swaying...

WHEN YOU FEEL OVERWHELMED by stress, practice speaking more slowly than usual. You'll find that you think more clearly and react more reasonably to stressful situations. By slowing down your speech you'll also appear less anxious and more in control to others.

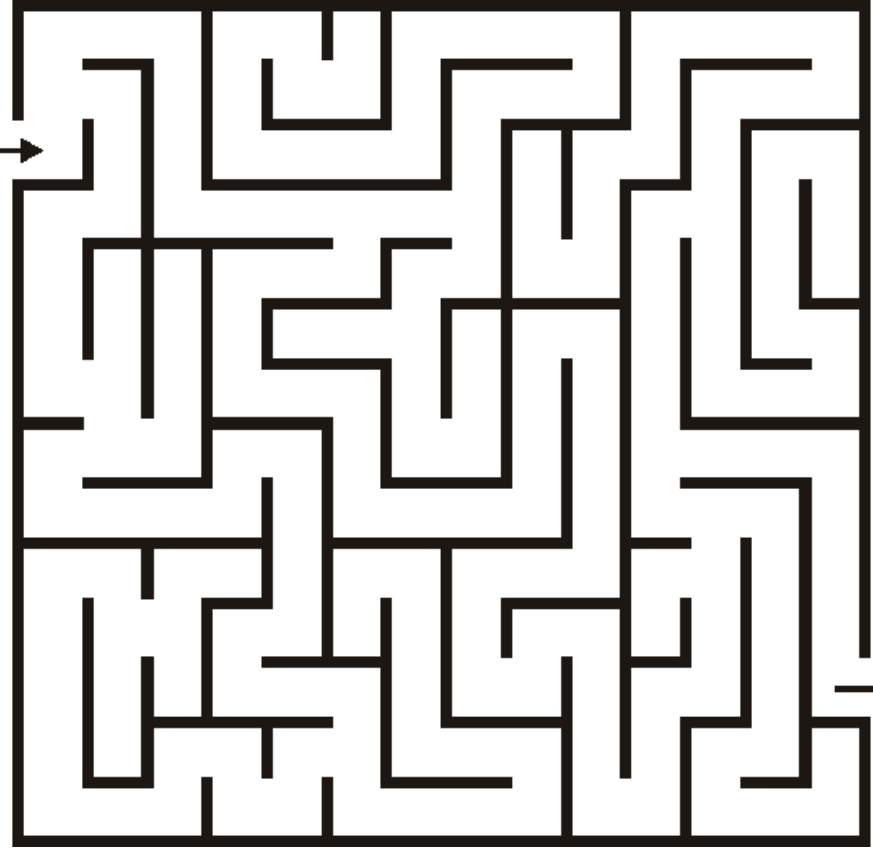
JUMP-START an effective time management strategy. Choose one simple thing you have been putting off and do it **IMMEDIATELY**. Just taking care of one nagging responsibility can be energizing and can also improve your attitude.

WALK, HOP, SKIP, OR JUMP with some friends. If it's nasty outside, try the indoor track in the Goergen Athletic Center. Your UR ID and dry sneakers are all you need.

DRINK PLENTY OF WATER and eat small, nutritious snacks. Hunger and dehydration, even before you're aware of them, can cause you to speak and act more aggressively and can increase feelings of anxiety and stress.

DO A POSTURE CHECK. Poor posture can lead to muscle tension and increased stress. Hold your head and shoulders upright and avoid slouching or slumping.

FOCUS ON RELAXING your hands and fingers. You'll find that tension lifts from the rest of your body. Try it!
Adapted from www.medicinenet.com.



MATCHING! Locate your campus resources

- | | |
|---|----------------------------|
| University Health Service (UHS) | A. 107 Lattimore Hall |
| University Counseling Center (UCC) | B. 1st floor, UHS |
| Learning Assistance Services (LAS) | C. 312 Lattimore |
| College Writing Center | D. Edge of Academic Quad |
| Career Center | E. G121 Rush Rhees Library |
| Office of Minority Student Affairs (OMSA) | F. 310 Morey Hall |
| Office of the Dean of Students | G. 3rd Floor, UHS |
| International Services Office | H. 36 Wallis Hall |
| College Center for Academic Support (CCAS) | I. 302 Meliora Hall |
| UHS Health Promotion Office | J. Wilson Commons 500/510 |
| Interfaith Chapel | K. 209 Morey Hall |
| Campus Intercessor (harassment, discrimination) | L. 2nd floor, UHS |

Answer Key (in order): B, G, A, E, I, F, J, K, C, L, D, H



LAS Study Tip of the Week:
Do you start your study sessions with the intention of sitting at your desk straight through for hours of work, only to find that your concentration breaks down after a while? Instead, try studying in chunks of time: 40-50 minutes of concentrated work followed by a 5-10 minute stand-up-and-stretch break, then another 40-50 minutes of study, and so on.
For more on study skills counseling, workshops, and other help, visit the Learning Assistance Services website at www.rochester.edu/College/LAS/.

Take Charge of Your Health!
UHS Clinics for Students

FREE HIV TESTING Thursday, December 4, 5:00-7:00 p.m.
The UHS Health Promotion Office is sponsoring FREE HIV Testing on Dec. 4 from 5:00-7:00 on the 2nd floor of the UHS building. The test is confidential, and results will be available in 20 minutes.

FLU VACCINE CLINIC Wednesday, December 10, 4:30-6:00 p.m.
It's not too late to get a flu shot! UHS is holding a Flu Vaccine Clinic on Dec. 10 in the UHS Building. The student BCBS covers the \$25 cost. Bring your insurance card. Cannot come to the clinic? Schedule an appointment at UHS (275-2662). *Don't let the flu get you down next semester. Get a flu shot now!*