### Managing Stress
Stress is a part of life, but the healthier you are, the better you are able to manage stress when it happens.

### Lifelong Coping Strategies
These tips can help you achieve mental and physical balance throughout your life.

### Attitude
The way you think about things can make all the difference in how you react to events.

### Healthy Eating
Eating healthy foods can help keep your immune system healthy, and help you feel better about yourself.

### Spiritual Balance
- Protect your personal freedoms and space
- Take responsibility for your life and feelings
- Maintain good health by eating, exercising, and sleeping

### Social Balance
- Always be kind and gentle to yourself
- Don’t take responsibility for someone else’s behavior
- Find a time and place each day to have complete privacy

### Physical Activity
Physical activity provides immediate stress relief as well as long-term stress management.

### Sleep
Sleep is as important as nutrition and exercise when preparing for peak performance.

### Personal Balance
- Plan for tomorrow, don’t put it off until tomorrow!
- When worries start to build up, talk to someone
- Avoid daydreaming when it’s time to get stuff done

### Healthy Relationships
Talking with a supportive friend or family member can be helpful in coping with stress.

### Alcohol, Tobacco & Drugs
For some, use of substances can be seen as a stress reducer, but it negatively impacts sleep, ability to fight infection, and overall health.

### Academic Balance
- Be present—don’t miss classes
- Keep up with reading assignments
- Study difficult (or uninteresting) subjects first
- Avoid visual and auditory distractions
- Allow time to reflect on the information
- Study in a regular place and at a regular time.

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Source: Student Success and Support Program at Sacramento City College