

Relaxation Skills and Strategies to Reduce Stress

Stress is common in students, as you try to juggle the demands of study, work, and the rest of your life. Stress results in an increase of adrenaline in your body, which can lead to sleep disturbances, increased anxiety, irritability and difficulty concentrating.

Here are some simple tips which can help you reduce the level of stress and maintain your focus:

- > **Exercise** - surprising to some, but exercise is one of the great stress busters. Find what works for you –

- > **Imagine air as a cloud:** Focus on your breathing and slow it a little if it feels too fast. As it becomes calm and regular, imagine that the air comes to you as a cloud. It fills you and goes out. You may imagine the cloud to be a particular colour.
- > **Be the sky:** Imagine that you are the sky and your stresses are clouds which are floating past you. Watch them as they come and go.
- > **Affirmations:** Pick one or make up your own:
 - > *I am calm and relaxed, ready for anything.*
 - > *I have the power to handle this.*
 - > *This discomfort will pass...let it go.*

And remember,