

# Healthy Responses to Stress

MU Counseling Center  
119 Parker Hall  
(573) 882-6601

## Engage in Pleasurable Activities

- By yourself (listen to music, take a walk, read a novel, TV)
- With others (do things with people you like)

## Take Care of Your Body

- Nutrition- avoid too much caffeine, nicotine, alcohol, drugs - eat balanced meals
- Get adequate sleep
- Exercise (ideally 3+ times/week, 20-30 minutes)

## Practice Time Management

- Check off tasks-make lists & have fun checking off as you get things done
- Prioritize
- Don't take too much on; know your limits

## Maintain Perspective

- "It's all how you look at it"; examine your thoughts for unhelpful/ untrue thoughts-argue to yourself why they are incorrect/unhelpful; then substitute more correct/helpful ones

## Laugh

- Watch funny movies/TV
- Look for the lighter side of life

## Relaxation

- Slow & deep breathing; imagine pleasant scenes; tense & relax muscles; music; reading; church/prayer/meditation...

## Talk to Others

- Friends, family
- Therapists

## Read more on the subject:

- The Relaxation & Stress Reduction Workbook (Martha Davis & others)
- The Anxiety & Phobia Workbook (Edmund J. Bourne)
- An End to Panic (Elke Zuercher-White)