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)