

# Stressed Out?

Check out these Tips for Managing Stress

## Move your Body!

Go for a walk, run, lift weights, do Zumba, biking, hiking, or other preferred exercise  
Get outside and get some fresh air!

## Get enough sleep and rest!



Sleep is vital to academic success! Did you know college students should be getting 7-9 hours of sleep a night?

Make a bedtime ritual to ensure that you are getting enough sleep each night!