STRESS MANAGEMENT

**EXERCISE**
Produces endorphins and improves your ability to sleep; try getting at least 2.5 hours per week.

**EAT**
Cuts cortisol levels and boosts your immune system; try swapping refined sugars for fruits and veggies.

**PLAN**
Creates a more productive mindset and helps you manage time; try making a checklist or keeping a calendar.

**SLEEP**
Strengthens your immune system and increases overall happiness and clarity of thought; try to get at least 6 hours a night.

**MEDITATE**
Trains your mind to better cope with life stressors; try practicing for as few as 10 minutes a day.

**RELAX**
Try yoga, deep breathing, chamomile tea, a warm bath, soothing music, or any relaxation technique that works for you.

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