CHRONIC STRESS

Chronic stress is the ultimate risk factor. Some experts think stress is a major cause of 50% of all diseases. Research indicates that stress has a dramatic effect on your immune system.
MANAGING STRESS

BY MANAGING YOUR STRESS, YOU WILL:

- Improve Your Immune System
- Prevent Illnesses like the Common Cold or Physical Symptoms like Back Aches and Headaches
- Increase Energy Levels
- Improve Quality of Sleep
- Improve Digestion
- Improve Mood
REDUCE STRESS

LIFESTYLE CHANGES THAT REDUCE CHRONIC STRESS

Eat Healthy
Quit Smoking
Quit Drinking Alcohol
Exercise

FREE MASSAGE

Stop by the Relaxation Station in the Wellness Resource Center Monday-Friday from 8:00-4:00
TO RELIEVE STRESS,
MU students most often choose to talk with a friend, smile or laugh, take a nap, make a list or exercise.

Wellness 2012, N= 749
REDUCE STRESS

IN LESS THAN FIVE MINUTES
Positive Self Talk
Prioritize Tasks
Listen to Your Favorite Relaxing Song
Progressive Muscle Relaxation
Aromatherapy
Write in a Journal

IN LESS THAN THIRTY MINUTES
Clean Your Living Space
Meditation
Do a Hobby like Painting
Spend Time Outdoors
Play a Board Game
Massage
Hot bath
Exercise
STRESSED OUT?
WITH THE HELP

of a wellness coach you will discover the source of your stress. Your wellness coach will help you learn how to eat healthier, exercise, manage your time and ultimately reduce your stress.

FREE THIRTY MINUTE SESSIONS!

Go to wellness.missouri.edu and click on “Services”

RELAXATION STATION

Stop by the Wellness Resource Center to sit in our massage chair