



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

Decrease 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.

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?