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?