



Why is managing stress and health essential for students?

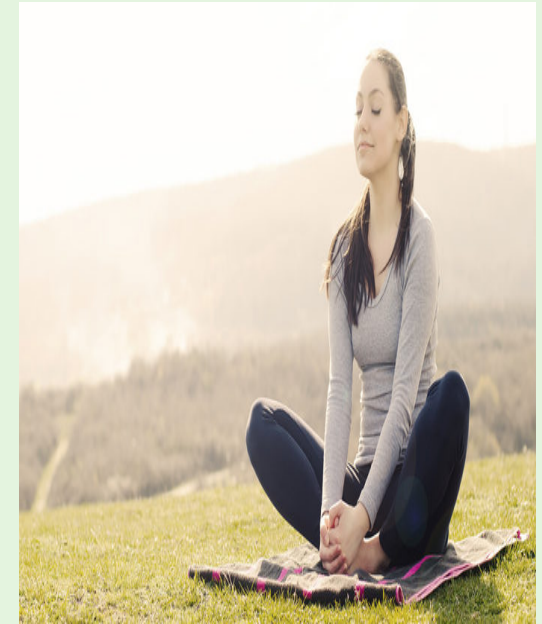
- College is a stressful environment for most young individuals, it is essential to manage stress in order to prevent students from developing depression or any other types of emotional complications that may interrupt their education (Cohen, 2017).
- Eating a healthy diet not only provides the essential vitamins and nutrients for daily functions, a healthy diet in combination with exercise reduces the risk for chronic diseases, and overall maintains a good quality of life for an individual (Cohen, 2017).
- By managing stress and living a healthy lifestyle, students are able to improve their well-being and their ability to cope with stress (Sandi, C., & Pinelo-Nava, M. T. 2007).

Need help? Or want more information?

- Learn Psychology: Students Guide to Surviving Stress and Anxiety in College and Beyond
 - <https://www.learnpsychology.org/student-stress-anxiety-guide/>
- Fitness and Nutrition for College Students.
 - <https://www.affordablecollegesonline.org/college-resource-center/college-student-fitness-and-nutrition/>
- Certified Fitness Trainers who have workout videos on You Tube such as: HASfit, FitnessBlender ect.
 - https://youtu.be/4o3iAH_ddBQ

References

- Cohen M. (2017) Student Stress & Anxiety Guide. (2015, August 3). Retrieved from <https://www.learnpsychology.org/student-stress-anxiety-guide/>
- Eat Right on a Budget. (2013, September 5). Retrieved from <http://www.eatright.org/resources/food/planning-and-prep/eat-right-on-a-budget>
- The College Muscle Gym Workout. (2016, July 2). Retrieved from <https://www.muscleandfitness.com/workouts/workout-routines/college-muscle-gym-workout>
- Sandi, C., & Pinelo-Nava, M. T. (2007). Stress and Memory: Behavioral Effects and Neurobiological Mechanisms. *Neural Plasticity*, 2007, 78970. <http://doi.org/10.1155/2007/78970>



Stress Relief and Fitness Tips for College Students

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How much does stress affect learning?

- Stress increases muscle tension which the result is a constant disturbance which reduces concentration (Sandi, C., & Pinelo-Nava, M. T. 2007).
- According to psychologist Melissa Cohen, if stress is prolonged this can lead to overeating. You may find yourself craving unhealthy foods such as pizza, chips, chocolate, and ice-cream (Cohen, 2017).
- Stress adversely affects your ability to remember information. Which can lead to even more stress (Sandi, C., & Pinelo-Nava, M. T. 2007).
- Stress can also make your temperament more hostile towards others. Causing you to be irritable even with the slightest provocation (Sandi, C., & Pinelo-Nava, M. T. 2007).

What can you do to relieve stress?

- Go outside and take in some fresh air. Practice some deep breathing exercises. Examples include breathing in for 10 seconds and exhaling for 10 seconds (The College Muscle 2016).
- Workout for at least 30 minutes a day. Working out has been shown to reduce the amount of stress, as well as increasing the release of serotonin which is known to improve your mood (The College Muscle 2016).
- You don't have to go to a gym to workout. Log into YouTube and you can find hundreds of 30-minute workout videos which are catered to your fitness level.
- Take the time to center and ground yourself, listen to a guided meditation for clarity, intuition, and guidance (Cohen, 2017).



How to eat healthy as a student?

- Buy 10-minute breakfast foods such as oatmeal packets, yogurt, breakfast smoothies, whole wheat toast with avocado, and hearty cereals (Eat Right, 2013). Breakfast is essential!
- Pre-Pack snacks the night before such as: cut veggies with hummus spread, fresh/dry fruit, trail mix, refillable water bottle, whole grain crackers, & high fiber cereal bars (Eat Right, 2013).
- Prepare salads with a protein and at least 3 different vegetables (cucumbers, tomatoes, carrots etc.).
- For dinner choose lean proteins such as fish or chicken. Add a whole grain such as brown rice or quinoa. Ensure to add adequate amounts of vegetables (Eat Right, 2013). Get creative with your meals and use spices to enhance the taste!