Stress Prevention Continued...

A universal example of stress is 9:00 A.M. and there are a million things to do. First, breathe deeply and begin to relax while making a list to prioritize what must be done today. Limit the list to what is realistic and then begin. Remember to reward yourself after each goal is accomplished, either with a healthy bowl of blueberries or just taking a moment to call a friend. Remember, stress can never be completely eliminated, but by following the above listed suggestions, one can navigate around or through it more efficiently.

2. Business Network Research Center (BNET). “Food stress connection: what you shove down your gullet will either fuel or cool the edginess inside.”
3. Business Network Research Center (BNET). “Caffeine induced high blood pressure - caffeine, with stress, shown to increase blood pressure.”
4. The Nemours Foundation. “Stress.”

Body Response Continued...

The CSULB office of Alcohol, Tobacco, & Other Drugs would like to work with the students of CSULB in reducing and safe Spring Break. To find out about safe and alternative ways to party, and much more, visit our website: www.csulb.edu/atod

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The Body's Response to Stress and Relaxation

By Rogelio Martinez

February 29th - May 2nd

Stress causes physical and emotional changes in the body. Interestingly, due to students’ individuality, what might be stressful to one, such as weekly deadlines, might prove beneficial to another. However, most agree public speaking causes stress. So what can be done to prevent stress? The techniques below might prove beneficial.

Stress Prevention

By Gerri Duru

February 28th - April 24th

There are many ways to prevent and limit stress. Exercise is a great activity that reduces tension and improves your physical and emotional being. The healthier a person is, the easier it becomes to deal with stress. Also, simple actions such as asking for help when you need it, reduces stress. Always guard against taking on too much responsibility, in school, at work, or at home, and always set limits. Other prevention techniques are laughing and crying. Sometimes, just a good laugh or cry helps relieve stress by reducing tension in the body.

A major contributor to academic stress is procrastination. Waiting until the last minute to write that 20-page paper, or study for tomorrow’s final can induce major waves of anxiety. To avoid “crunch anxiety,” make a list of goals and tasks and stick to them.

Use a calendar and a planner for noting important things to be done and prioritize. While focusing on studies, be sure to incorporate time to relax and have fun. Relaxation prevents stress build up and allows the body to cope with daily problems. Use relaxation as a reward for completing scheduled tasks. Remember, one can say “no” to distractions, such as requests from friends and family.

Keep life simple by just following through on the next indicated step towards completing your list. Don’t turn sugar as a relief remedy because consuming junk food increases stress as much as life’s negative events and illness. Brie Turner McGrevey, a dietician, advises that “upping your intake of antioxidant-rich fruits and vegetables boosts your immune system,” particularly blueberries which are considered to be a great source of antioxidants. (CAPS) Having completed extensive stress research. Dr. Herbert Benson, Harvard Medical School, emphasizes the importance of being able to lower one’s own stress level through self-imposed relaxation techniques, rather than through the use of medications. Due to stress, students can learn to take care of themselves in a healthy and positive manner.

Tossing Stress

By Linda Peña

February 27th - April 23rd

Remember the childhood game “Hot Potato” played with a bean bag? The game’s goal is to hold onto the bag for the shortest amount of time. And similar to a “hot potato,” no one desires to hold stress for any amount of time. But unlike the game, it is far more difficult to toss it away. Therefore, the solution for ridding oneself of stress is relaxation and positive stress management.

Important stress management factors are the ability to reframe negatives into positives, and to always leave space in one’s life for having fun! Also, physical activity is significant and easy. I recommend twenty minutes of aerobic activity 3 times per week. Maintaining good health not only contributes to effective stress management, but supports a sense of well-being. By eating a well balanced diet and socially interacting with others, students can reduce their stress levels.

However, even with a positive plan, a student can develop stress. So it is important to know how to alleviate and cure this emotional discomfort. Some rely on relaxation breathing. It is a process that cleanses and refreshes the body and can be done anytime and anywhere. Sit or stand up straight; inhale through the nose, expanding the diaphragm; hold the breath tightly; slowly exhale through the mouth, allowing your stomach to fall. Do relaxation breathing in intervals, repeating the cycle several times.

Another technique is Progressive Muscle Relaxation (PMR) in which specific muscle groups are tightened, held, and then released, while sitting or lying down. This exercise concentrates on specific muscles, as highlighted in the chart below.

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<td>7. Tense the calf muscles.</td>
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<td>3. Open the mouth widely.</td>
<td>8. Point toes under, as if to touch the bottom of the feet.</td>
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<td>4. Push the tongue against the roof of your open mouth.</td>
<td>9. Bring toes up as if to touch the knees.</td>
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<td>5. Clench the jaw tightly.</td>
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Guided Imagery can be an effective relaxation tool. While lying down with your eyes closed, imagine a favorite, peaceful place. In this vision, be conscious of soothing sounds, the warmth of the sun, and/or the freshness of a soft breeze. Some students report imagining a particularly boring professor lecturing, brings relaxation and deep sleep.

For more information, www.csulb.edu/intramurals

Workout For Your Body, Not your Wallet

Intramural Sports & Wellness Fitness

BOOT CAMP
Session One: February 18th - March 26th
Session Two: April 7th - May 14th
Wednesdays 5PM - 6PM
$15 per session for one class a week

Yoga
Session One: February 28th - April 24th
Thursdays 4PM - 5PM
$15 per session for two classes a week

Pilates
Session One: February 27th - April 23rd
Wednesdays 5PM - 6PM
$15 per session for one class a week

Butts & Guts
February 26th - April 22nd
Tuesdays 5PM - 6PM
$15 per session for one class a week

Cardio Kickboxing
Session One: February 18th - March 26th
Session Two: April 7th - May 14th
Tuesdays & Thursdays 6PM - 9:30PM
$10 per session for one class a week

$5 per session for classes. Sign up in PE 1 Building Room 20 or call (562) 985-4668. For more information, www.csulb.edu/intramurals

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