



to manage stress without smoking on campus

- 1 Stretch:** Whether you're doing a full yoga routine, or just a few warm ups, stretching might help re-set your body.
- 2 Play with a pet:** There's nothing quite as comforting as petting a dog or cat.
- 3 Deep breathing:** Find a quiet spot and take a moment to focus on your breath. Consider listening to a brief guided meditation on an app.
- 4 Have a cup of tea:** Taking a few minutes to grab a caffeine-free warm beverage is a great way to shift your focus.
- 5 Walk:** There are many benefits to getting outside and getting your heart going and stress relief is one of them.
- 6 Write it out:** If you know why you're stressed or anxious, take a few minutes to write it all down.
- 7 Book a spa treatment:** Time for yourself — massages, pedicures, facials — might be just the reset you need.
- 8 Connect:** Spending time with supportive people can make a huge difference. Talk through your stress with a friend, family member or counsellor.
- 9 Be mindful:** Sometimes a little shift in your environment is enough to improve your mood.
- 10 Chew on a healthy snack:** For some smokers, just the action of chewing helps to keep them calm.

IN ADDITION TO THESE QUICK FIXES, you might also want to consider the benefits of regular exercise, quality sleep, healthy meals, limited caffeine consumption, a balanced schedule, and reduced alcohol consumption. If your body feels good, you'll be better able to get ahead of (and beat!) your stress.