

Tiger Scoop



HEALTH CENTER NEWS
ISSUE 73 October 2016

Happy Fall !!!



Stress Busting Tips

Feeling overwhelmed? You're not alone. According to the ACHA-NCHA II (2014) survey conducted on college campuses...

85.6 % of college students reported feeling overwhelmed by all they had to do!

Look for ways to reduce stress? Check out these tips from the American Institute of Stress...



1. Set a Stress-Less Schedule

Build gaps into your day to take a break, relax, or do something that you enjoy

2. Say "no" or "maybe"

Practice being assertive and let others know when you really cannot add more to your "to do list"

3. Take Time Out

Set time aside to enjoy something or plan a little getaway with friends to take a break!

4. Find the OFF Button

Turn off your electronic devices & give yourself the chance to disconnect during the day or evening

5. Talk and Walk

Ok, this is really two tips in one – but they really work together as a stress busting power house!

This stress management technique includes psychological and physiological intervention – talking and walking. And as a bonus, both are simple and cheap.

Talk to someone about what is causing you stress. It does not have to be a professional; a friend or loved one will often do.

Walk. Get out and break a sweat. Physical activity is the best stress buster out there. Our bodies have a fight or flight response built in to either fight off "danger" or run away from it to safety. When under acute stress our bodies are flooded with adrenaline and other chemicals to help us escape the "danger". If you can't run away from the stress, you can take the brisk walk to blow off steam.

You will greatly reduce your body's stress response.



Getting sick? Visit the Student Health Center (901-678-2287)

Need to talk to a counselor?

Call the Counseling Center at

901-678-2068 or visit 214 Wilder Tower

Want to RELAX? Visit the Relaxation

Zone at 211 Wilder Tower (9:00 – 4:00) to

enjoy massage chairs, **biofeedback**

equipment for stress management,

and **guided meditation**. **FREE** to all U of

M students.

SAVE THE DATE

ALLERGY SCREENING: OCT. 26 (Health Center)

FLU SHOT: OCT. 25, NOV. 11 & 21 (UC),

NOV. 16 (Law School)

HIV TESTING: Every Friday 10AM–1PM
(UC 338)