

# Carecall's 10 Top Tips for Less Stress

**It might not seem like it when you're feeling down, but living a more stress free life is possible. As a student there are some easy ways to combat stress:**

## 1. A varied and healthy diet

Eating fresh ingredients and lots of fruit is really important. Juices filled with vitamin C, such as orange or grapefruit juice, are said to be good for your immune system so can help with stress.

## 2. Exercise

Doing sport at least once a week is a great way to reduce stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels.

## 3. Meditation

It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels. If you've never tried meditation before, it's worth a go. Good breathing techniques can put you in a more relaxed state as they send oxygen surging through your bloodstream, helping to calm you down and beat the stress.

## 4. Take breaks regularly

Short breaks between working can help you switch off. But longer breaks are important too. How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work. You'll hopefully come back to your work feeling fresh.

## 5. Get a pet

It is said that spending time with animals is good for your health. If you pat a dog for a couple of minutes, your body releases hormones that make you feel happy and can decrease the amount of stress in your system. Most uni halls won't let you keep an animal though, so spending some time with friends or family who have pets is a good option: you get the love without the commitment.

## 6. Sleep (and sign off Facebook)

Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.

## 7. Quit smoking

Some people say they smoke to relax, but researchers on the European Board for Research on Nicotine and Tobacco suggest that nicotine suppresses the hormone serotonin, which fights stress. Another good reason to quit.

## 8. Try to see the positive side

If you missed a deadline, try to appreciate what you learned from this mistake: now you know how to plan ahead. Things might seem bad, but if you try, there is usually something positive to be learned.

## 9. Listen to music

Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, putting on some calming music while you work could really help.

## 10. Laugh

They say that laughter is the best medicine, and it's really true. Laughing out loud increases oxygen and blood flow which automatically reduces stress.

**For free, confidential and immediate support you can contact Carecall 24/7, 365 days a year by [clicking here](#)**

