

# RUSU WELFARE PRESENTS 9 Ways to De-stress (without spending money)



## Exercise

Moving your body is important to combat stress, even as simple as walking or stretching - no gym membership required!



## Meditate

One of the best tools you have to fight stress. Release your brains bias to hold negativity even just for a few minutes.



## Gratify

Be thankful and have readiness to show appreciation for those around you. This is a powerful force to expand happiness and cope with stress.



## Calendar Cushion

When you have a lot on your plate, you hurry through your day which can add to stress. Create a cushion in your schedule to reduce stress.



## Rest

Sleep is an essential key to stay healthy and strong.



## Water

Drink plenty of water & stay hydrated throughout the day.

## Put down the phone

We spend all day tied to our phone, checking emails & Facebook. Turn off or leave the phone behind even for a short time.



## Stop Should-ing

We're so full of ideas and judgements about what we should and shouldn't do. We often ignore the best advice - our own feelings.



## Smile & Laugh

Research has found that even a fake smile can help you handle stress. Smile more and have a laugh with a friend or watch some comedy.