Quick and easy stress reducers

Plan your study
Set priorities and try not to do everything at once

Minimise distractions
Say no to unimportant demands on your time

Take a break
Every 45 minutes stand up, stretch, walk and relax

Breathe easy
Take a deep breath, relax your shoulders, arms and facial expression

Slow down
When you eat, talk, drive and move

Enjoy your down time
Make sure you have time to yourself to do the things that don’t involve study!

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