Stress

“Happiness is a choice. You can choose to be happy. There’s going to be stress in life, but it’s your choice whether you let it affect you or not.” - Valerie Bertinelli

Stress is anything that makes us feel pressured. It is also the inability to cope with a perceived (real or imagined) threat to one’s physical, emotional, mental, and spiritual well-being, resulting in a series of physiological responses and adaptions.
- Dr. Steven Radlo, WIU Stress Management Professor

Stress relief benefits from a belly laugh
Laughter’s health benefits are not a joke! A good sense of humor can’t cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits
- Activates and relieves your stress response
- Soothes tension and stomachaches
- Stimulates your organs

Long-term benefits
- Improves your immune system
- Relieves pain
- Increases personal satisfaction


Ways to Reduce Stress

☑ Get active! Play your favorite sport, go for a walk or run, do whatever form of exercise that you enjoy. Working out clears your head and reduces stress related tension, anxiety, and fatigue. If you haven’t already, check out the Spencer Recreation Center, they offer lots of ways to get your fitness on!

☑ Do something that makes you happy! Play a game, read a book, watch a funny movie, spend time with friends, listen to music - if it makes you happy, do it! Plus, there is always something going on around campus! Check within your hall, the University Union, Campus Recreation, anywhere, there is always something fun going on!

☑ Talk to your support person! If you don’t have one or just need someone to talk to, check out the University Counseling Center located in Memorial Hall! It’s free and confidential - you can’t beat that! For an appointment call (309)298.2453

☑ Take part in relaxation activities such as meditation, Pilates, Yoga, deep breathing, or anything else that helps you to relax.

Destress and support breast cancer research!
Big Pink Volleyball
Believe-Cure-Hope-Love
October 8-11, 2012

Freeze Frame is a stress management technique provided by Beu Health Education. Call our office at (309)298.3225 for a FREE appointment!

“The time to relax is when you don’t have time for it.” - Sydney J. Harris

Stall Talk is brought to you by Beu Health Center Graduate Assistant Liz Andrews and Students T.A.L.K peer educators. For more information, call 298.3225. For more health info, visit beu.wiu.edu. For adaptive format see the Disability Resource Center.