A UMass Amherst Survival Guide: 5 Ways to Relieve Stress

Here we are, in the middle of the semester. Time flies by so quickly! If you’re like me, odds are you’re starting to feel the stress of school creeping up on you. Homework, internships, not sleeping — it’s all a lot. But there are some easy ways to deal with stress as a college student!

1. Go home

If you have the ability to, go home and see your family and close friends! Sometimes, not having those closest to you can stress you out. They can offer you peace when you need it the most. And with spring break coming up, now is the perfect time to reconnect.

2. Go to the gym

Exercising has been proven to release endorphins, and endorphins make you happy! Sometimes you just need a quick run or a fun round of Zumba to relieve stress. Hit up the recreational center, or even do some at-home workouts!

3. Get creative

If you get your creative juices flowing, it will foster happiness! As a theater major, performing is always a stress reliever for me. Taking the stage is so much fun. If you’re not into singing, acting, or dancing, you can also write. Write poetry or music. It will help get your mind off of all the trials and tribulations in life.

4. Listen to music

Whether it’s Broadway showtunes or rap or disco, listen to music that calms you down and puts you in a good mood. Put your headphones in and relax.

5. Sleep!
I think this tip will be in every post I write. Sleep is the cure to literally everything! Our bodies love nothing more than replenishing itself. When you can, try to get a full night’s sleep, and even sleep in — you’ll wake up feeling relaxed and ready to get things done.

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