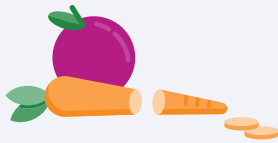


# 8 Tips for Reducing Stress



## 1. Get enough sleep.

Stick to your regular sleep schedule if you can. If you're tired during a research session, a 20-minute nap can reset your brain. Don't forget to set an alarm!



## 2. Eat right.

Coffee and sugary foods sound like a good idea, but they can mess up your sleep and concentration—and lead to more stress. Instead, eat healthy meals and enjoy snacks like pumpkin seeds, pistachios, yogurt, or carrots with hummus.



## 3. Drink enough water.

Dehydration can negatively affect your thinking and your mood.



## 4. Turn off distracting devices.

Your phone is a distraction. Make sure it is set to silent if you keep it with you.



## 5. Perk up your senses with scents.

A citrusy scent can perk you up, so it's a good idea to peel (and eat) an orange. Peppermint can be both invigorating and calming, so a cup of peppermint tea can be a good choice while studying.



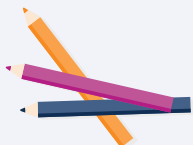
## 6. Get some exercise.

When you need a break, try taking a quick walk outside, doing a set of jumping jacks or dancing to a favorite song to reset your mind.



## 7. Be kind to yourself.

Use some positive self-talk: Tell yourself that you can do this. Repeating positive statements can help your mood and focus your mind.



## 8. Do something creative.

Pick up some markers or colored pencils and fill in sections of a fun coloring page. It will give your mind a break from serious studying to let you reset and recharge. Try one of EBSCO's coloring sheets.