

STRESS



BUSTERS

PART OF THE POWER OF THE PEERS NETWORK

Power of

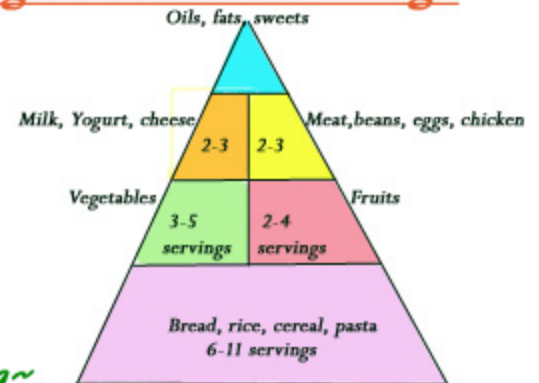
Healthy Energy

Diet is a major factor in feeling good, reducing stress and having energy!

~Good Food To Boost Yourself~

- Apples** Activate blood flow, and are high in natural sugar and fiber.
- Apricots** Contain lycopene and vitamin B which drive our hormones.
- Bananas** Provide fiber and potassium. Potassium helps in maintaining normal muscle function and also aids the nervous system.
- Cheeses** Contain calcium and lactic germs; strengthens stomach functions.
- Oranges** Have a complete series of vitamins that increase antibodies, which provides extra energy and defense against sickness.
- Green tea** Full of polyphenols, thus maintains the body strong and energized.
- Oats** Made-up of carbohydrates that break down and convert to energy.
- Nuts** Consist of Omega fatty acids, energizes and improves health.
- Fish** Rich in Omega 3, a substance which helps both body and mind.

Remember: Too much of anything can be a bad thing



Keep your motor running~

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