

STRESS



BUSTERS

PART OF THE POWER OF THE PEERS NETWORK

During times of increased stress and pressure, like finals, it is important to be balanced and take a few minutes out of your day to help manage your stress.

In just five short minutes, you can make a change in your body that can impact your functioning and help you manage your stress throughout the day.

# ***TAKE 5***

## ***Spend Five Minutes Breathing***

A Simple Breathing Exercise and Body Scan can help to decrease your stress.

Try this simple exercise...

- ❖ Get into a comfortable position. As you focus on your breathing, exhale and relax.
- ❖ For two or three exhalations, continue to focus on breathing in and out, and as you exhale, say to yourself ..... *relax*.
- ❖ Beginning at your head and moving downward, perform a body scan for tension or movement.
- ❖ While focused on each part of your body or each muscle group (e.g. your neck, your shoulders, your back...), exhale and relax away any tensions you notice.
- ❖ Continue to breathe and *relax*.
- ❖ After completing your body scan, focus on breathing out, and as you exhale, relax, let go, and think or silently repeat the word "*relax*" in time with each exhalation. As your mind begins to drift, relaxation will result.

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