

## UMM Disability Alliance invites you to consider...

### Healthy Ways to Cope with Stress

- Get enough sleep
- Connect with others
- Exercise regularly
- Eat a balanced, nutritious diet
- Reduce caffeine
- Do something for yourself everyday
- Changing thinking and emotional responses to manage stress
- Have realistic expectations
- Reframe problems
- Maintain your sense of humor
- Express your feelings instead of bottling them up
- Don't try to control events or other people
- Ask yourself, "Is this my problem?"—if it isn't, let it go!

### Handling Stress

- Develop time management skills
- Give priority to the most important tasks and do those first
- Schedule time for both work and recreation
- Delegate tasks and break up big projects

### Resources at UMM

Academic Assistance.....589-6178	Disability Services .....589-6163
Counseling .....589-6060	Campus Police.....589-6000
Your friends	Your community