**Stress Relief**

By Danielle Ross

Stressed out? It is understandable to be stressed out at this point in college. You are probably feeling the demands of tests, reports, and presentations already. Not to mention extracurricular activities, organizations, work, and still trying to have a life. Well, take a deep breath and relax because here at Drake Wellness we are here to help. There are so many different techniques out there to help with reducing your stress.

[Breath Exercises](https://www.curejoy.com/content/4-breathing-exercises-for-beginners-anytime-anywhere/#:~:text=4%20Breathing%20Exercises%20For%20Beginners%3A%20Air%20Out%20Your,ocean%20wave%20of%20breathing.%20...%20More%20items...%20) Massage

[Mindfulness](https://www.mindful.org/what-is-mindfulness/) Aromatherapy

[Meditation](https://www.mindful.org/how-to-meditate/) Eat a healthy diet

Exercising Get plenty of sleep

[Tai Chi](https://www.healthline.com/health/exercise-fitness/tai-chi-moves) Talk to someone

Qigong Take some time for yourself

Yoga Find ways to laugh

Get ahead of the stress if you can. Don’t let it pile up to the point it is so overwhelming if you can help it. Prioritize your stress. Make a list of the stress you can do something about and a list of the stress that is out of your control. Come up with a strategy to get through the feeling of being overwhelmed with stress. Just remember you are not alone. It is common to be overwhelmed and stressed out but, if you need to talk to someone please do not hesitate to call [Drake Counseling Center](https://www.drake.edu/counselingcenter/) at 515-271-3864. Keep following us on all the Drake Wellness media sites for more information on relaxation techniques.

**Additional resources:**

# Exercise Effects on Depression: Possible Neural Mechanisms <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6437683/>

# Bidirectional relationship of stress and affect with physical activity and healthy eating <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6767465/>

# Depression and Anxiety Disorders: Benefits of Exercise, Yoga, and Meditation <https://www.aafp.org/afp/2019/0515/p620.html>

Yoga classes are offered at the Bell Center through [Drake Wellness](https://www.drake.edu/recservices/wellness/) for free to students.