As new Auburn University students, the right amount of stress can increase your productivity and motivate you to do your best. However, too much stress can cause you to become overwhelmed. Finding the right balance between too much and too little stress is an essential part of your overall well-being.

www.auburn.edu/healthandwellness

Auburn University is an equal opportunity educational institution/employer
TIPS ON HOW TO CHILL AT AUBURN UNIVERSITY

- Manage your time
- Express your feelings
- Make a to do list
- Focus on the positive
- Do something you enjoy everyday
- Get enough sleep
- Look at the big picture
- Learn how to say “no”
- Be willing to compromise
- Exercise Regularly
- Eat a healthy diet

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