

Steps to reduce stress:

1. Assess your current lifestyle patterns. Some questions to ask yourself include: Am I overwhelmed? Am I under-challenged? Am I engaging in enjoyable activities? Am I avoiding dealing with necessary problems?
2. Learn to identify and experience your emotions.
3. Assess your thought patterns. Replace negative thoughts with more positive and realistic beliefs.
4. Attend to your body. Ask yourself, "How can I physically identify when I am stressed?" Eating right and exercising will also help you feel better.
5. Face your fears and deal proactively with your problems. Questions to ask include: In what areas of my life do I seem to always have problems? How do I deal with these problems?
6. Find meaning in your life. Ask yourself, "When do I come most alive?" and intentionally implement these times into your daily life schedule.
7. Step outside yourself. Help a friend, look for volunteer opportunities, try something new...
8. Have fun and play! Ask yourself, "What was it I enjoyed doing as a child?" Recapture the child inside of you.
9. Relax and breathe. Practice deep breathing, progressive relaxation, meditation, yoga... whatever works for you!
10. Remember that stress is a natural part of life, and an inevitable aspect of all changes. Without some stress, action is impossible.

Peer Counseling Center Hours

Monday 9am - 5pm

Tuesday 9am - 7pm

Wednesday 9am - 7pm

Thursday 9am - 5pm

Friday - Closed

Department of Counseling
Counseling Services

@ John Jay

Peer Counseling Center

445 West 59th Street

North Hall 3134

Phone: 212-237-8271

Email:

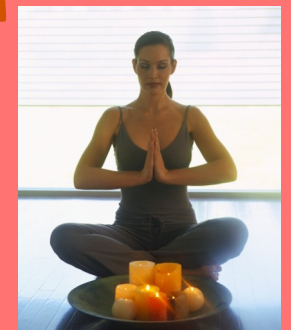
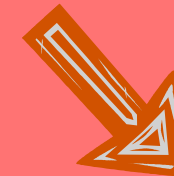
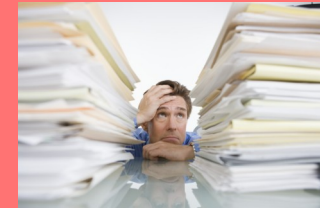
peercounseling@jjay.cuny.edu



JOHN JAY COLLEGE
THE CITY UNIVERSITY OF NEW YORK
OF CRIMINAL JUSTICE

Stress Management

**Exercise helps relieve tension,
a natural way to help your
body relax.**



Meditation and Yoga are ways to reduce stress along with soft music and aromatherapy.



Do not accept substitutes for stress management such as alcohol, caffeine, nicotine, and barbiturates.

Meditation

This is a relaxation technique used to reduce everyday stress levels and boosts your feeling of joy and serenity. It also helps by teaching you how to stay calm and collected in the face of life's curveballs.

Yoga

This is the oldest practice of self-development. It is a technique used to reduce stress anxiety and muscle tension. It brings the mind, body and spirit together. It is also used for stress management and physical well being.

Aromatherapy

This is an ancient practice which uses the essential oils taken from plants to treat imbalances in the mind, body and emotions to improve health. It uses the fragrance and essence of the herbs when compressed. Inhaling the scents of these oils is said to interact with your brain to cause a positive impact on your mood.

How substitutes can be damaging to you...

Alcohol— Drinking when you are stressed can dull the body's ability to cope because it temporarily masks the problem. Alcohol also disrupts sleep patterns resulting in poor sleep and the ability to rest.

Caffeine— Caffeine is a stimulant. If you drink many cups a day, you may become twitchy, hyperactive, and irritable which defeats the purpose of stress management and being in a relaxed state of mind.

Nicotine-Nicotine in very short terms can cause its users to relax but its toxic effects raises the heart rate, blood pressure, and stresses the body.

Barbiturates-People use barbiturates to get through the day or to help them sleep. However it has an addicting toll to it and is normally used by prescription.