

8 Healthy Ways to Handle Stress

Taking care of yourself and others throughout the semester and during finals is life-affirming. Check out these life-affirming ways to combat anxiety and stay positive, calm, and connected to Christ.

By God's design . .



You are made 4 Connection—

You are designed to be in relationships with others. Connection can include study groups, dinner with friends, and fun with friends.



You are made 4 Worship —

God meets you in His Divine Service to serve, strengthen, and uphold YOU! Don't forget about chapel, compline, or other available worship opportunities.



You are made 4 Service —

Small acts of service can go a long way! Small acts might look like being there for a friend in need, driving a friend to work, or even just holding the door.



You are made 4 Celebration —

Plan to celebrate when exams are done and celebrate the small victories!



You are made 4 Nutrition —

God designed us to need healthy and nutritious food to sustain our bodies and boost brain power so that we can use the gifts He gave us and care for others!



You are made 4 Rest —

Sleep helps improve your memory, creativity, and logical reasoning! Memory and learning are also enhanced when you sleep after a study session.



You are made 4 Movement —

Did you know that exercise boosts your memory, increases your focus and concentration, and uplifts your mood to help fight stress and anxiety?



You are made 4 LIFE —

Plan out and schedule your week, making time for things you enjoy along the way. Trust that God is working even now to uphold and sustain you!



*"Come to me, all who labor and are heavy laden, and I will give you rest."
Matthew 11:28*

