



## Take some time to relax

Deadlines. Relationship tensions. Health concerns. Crammed schedules. The daily sources of stress are endless. From trouble sleeping to serious physical consequences, prolonged stress can be harmful to your health. Take time out every day to relax and de-stress from everyday worries.



**HEALTH PROMOTION  
AND WELLNESS**  
*Illinois State University*

This document is available in alternative formats upon request by contacting Health Promotion and Wellness at (309) 438-WELL (9355). An equal opportunity/affirmative action university encouraging diversity • UNIVERSITY MARKETING AND COMMUNICATIONS • 12-0863 printed on recycled paper

### Make a list and check it twice.

Organize tasks into a list so that you know what needs to be done. Be sure to keep some flexibility in your schedule to allow for the unexpected.

### Find what helps you relax.

Reading, a warm bath, a cup of decaffeinated tea, and gentle yoga help some relax. A guided relaxation audio is available on the Health Promotion and Wellness website at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu).

**Exercise is a great way to blow off steam.** Walking, dancing, hiking, swimming—find an activity you like and stick with it.

### Take time every day to unwind.

Your body needs a break from the virtually constant stimulation of TVs, computers, phones, and people. If you have to, schedule time to relax into your calendar.

**If you feel overwhelmed, talk to someone.** Share your worries with a family member, friend, or trained counselor. Talking about what's bothering you can bring much-needed help and support.

**[Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu)**

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL (9355), or print from our Toilet Talk archives at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu).