POSITIVE COPING SKILLS

QUICK FIX TO RELAX & UNWIND

Student Life PSB Academy

Are you feeling stressed or overwhelmed?
read on to find out quick WAYS to destress!

POWER NAP

Put your work aside and take a 15 to 20 minute nap. Research has shown the benefits of short naps, such as better cognitive processes and reduced sleepiness. This allows you to get work done more efficiently.

GET UP AND STRETCH!

Do you sit in front of your laptop for many hours trying to meet your assignment deadlines? The accumulated stress and long hours of hunching over your desk can cause the muscles near your neck, back and shoulder to tense up. So get up and stretch!

HEAD OUT AND SEE THE GREEN
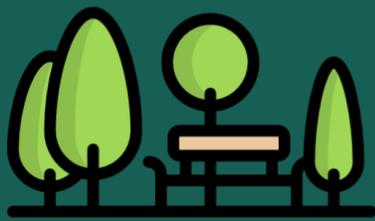
Experiencing nature can help heal our body and mind, as well as improve our mood. You can also build your terrarium and watch your plants grow! It helps to lift your mood and reduce stress and anxiety.

RELAX YOUR SENSES

Listening to the sounds of crashing waves, trickling raindrops, chirping birds and other nature sounds and calming music help to improve your mood, relax the brain and focus better.

TALK IT OUT

Sharing your problems or concerns to someone you trust helps to relieve stress and get different perspectives on ways to manage them. Bottling up your thoughts and feelings is not healthy and will eventually weigh you down.

LAUGH!

Laugh the blues away because laughter is the best medicine! A good hearty laugh helps to release muscle tension and stress. When you are stressed, take a break and catch your favourite comedian or scroll through videos or memes on social media to chase the blues away.

KEEP A JOURNAL

Writing your emotions and thoughts (both positive and negative) in a journal helps to organise your thoughts and feelings. You can consider writing something that you are grateful for each night before you head to bed. It reminds you to enjoy the little things in life and see the positive side of life.