

**COLLEGE  
LIFE**

**CAN BE  
STRESSFUL**

When you face a challenge, your body's stress response becomes activated, heart rate increases, breathing becomes faster, head starts to throb with a headache.

All these are signs that your body is working well, preparing you to face your current life challenge.

It's your body preparing you for action.

When you are stressed, you release oxytocin (the cuddle hormone), which encourages you to be more social.

Your body is hardwired to know that it is good to be around others who can help you when you are feeling stressed.



Reach out to others

Sleep is necessary for learning and creating memories. During sleep your brain carries out a lot of maintenance work to maintain good brain health. Research shows sleep increases both your creativity and problem-solving skills.

Get more sleep



Exercise (aerobic or resistance) has similar benefits to anti-depressants: the higher the levels of exercise the greater the effect. It can help manage anxiety and it promotes neurogenesis (brain cell growth) which is necessary for learning.



Become more active

Sometimes food is viewed only in terms of calories (fuel) or convenience. Research shows that the area of your brain most involved in managing your mood, memory and learning, is highly sensitive to, and effected by, the diet you eat.



**Eat well**

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