



## STALL STREET JOURNAL

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[ A WEEKLY DOSE OF KNOWLEDGE ]

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# Reducing Jitters



Nervous energy can be frustrating and distracting. Here's how to release some of it:

- **Take a brisk, five-minute walk.** Increase your heart rate, but there's no need to work up a sweat. You'll let off steam and tension at the same time.
- **Do some jumping jacks.** They use a ton of energy and you don't have to leave your room.
- **Try a deep breathing exercise.** Focus on taking steady breaths for five minutes, breathing in through your nose and out through our mouth. Allow yourself to relax and empty your mind.
- **Use progressive relaxation.** Lie down or sit comfortably and close your eyes. Beginning with your feet, tense the muscles in each area of your body for a few seconds, then release. Move upward until you reach your shoulders, relaxing and taking deep breaths between each muscle group.

IN THIS MONTH'S ISSUE OF *STUDENT HEALTH 101*:

***Stay Focused Anywhere***

*How to Overcome Study Distractions*



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