



ACTION STEPS FOR HEALTH & HAPPINESS

Cross that bridge when you come to it



- Learn to accept change as a normal part of life.
- Do a “stress rehearsal.” Imagine yourself feeling calm and handling a stressful situation.
- Practice relaxation techniques, such as deep breathing and yoga.
- Access [emergency.cdc.gov](https://www.emergency.cdc.gov) to learn ways to be prepared for natural disasters that are likely to occur in your area.

Dos

- Limit caffeine. It causes anxiety and increases the stress response.
- Prepare for an assignment or speech well in advance to allow time to practice it.

Don'ts

- Don't smoke or eat high-calorie foods to deal with stress.
- Don't take stay-awake pills to cram for an exam or assignment.