If you pay special attention to your physical health through exercise, nutrition, and sleep, you are able to manage your stress in a positive, balanced way.

Exercise
- Decreases stress and improves mood and self-esteem when done on a regular basis
- Allows the body to act out the fight or flight response
- Boosts the immune system
- Releases hormones that improve your complexion and rid the body of toxins through perspiration

**Recommendations**
1. Aerobic Activity—3-5 times per week for 30-60 minutes per session; build up a good heart rate and break a good sweat
2. Resistance Training—2-3 times per week including 8-10 exercises targeting the entire body completing 3 sets of 8-10 repetitions (reps) for each exercise

Nutrition
- People tend to eat unhealthy during high stress times
- The easiest way to maintain a healthy diet is to follow the balanced diet Pyramid

**Recommendations**
1. Eat Regularly—3 meals or 5 small meals spread during the day
2. Protein—include at every meal to avoid carbohydrate (carb) crash
3. Avoid Sugar Overload—too many sugars will cause a crash and will create more hunger
4. Limit caffeine and other substances such as alcohol and nicotine

Sleep
- A necessary aspect of life
- Essential to our health
- Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness
  - Too little sleep can leave you too tired to do the things you like to do, including exercise and eating healthy

**Recommendations**
1. 8 hours per night—maintaining a regular schedule
2. Avoid eating large meals and caffeine close to bedtime
3. Use the bed for sleeping while making your room comfortable (cool, dark, quiet)

Adapted from [http://www.cas.lsu.edu/](http://www.cas.lsu.edu/)