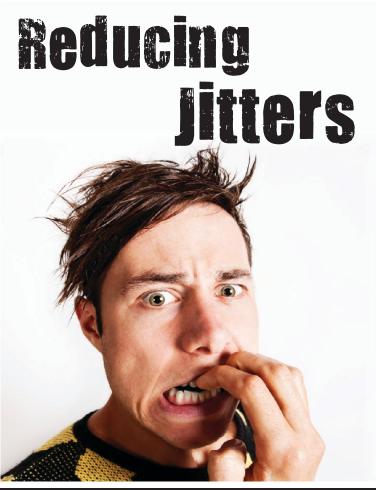
UNIVERSITY OF MIAMI

## health () **STALL STREET JOURNAL** Volume 9, Issue 9, Week 3 May 2014

A WEEKLY DOSE OF KNOWLEDGE



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.

**Stay Focused Anywhere** 

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



How to Overcome Study Distractions



## READ STUDENT HEALTH 101 TODAY: http://readsh101.com/miami.html

**Student Health Services** 305 284-9100 Fax: 3052844905

**Counseling Center** 305-284-5511 Fax: 305-284-5340

Wellness Center 305-284-8500

**Housing & Residential Life** 305-284-4505