

The logo features the words "TOBACCO FREE COLLEGES" in a bold, sans-serif font. The text is white and set against a dark, irregular, ink-splatter-like background. The entire logo is enclosed within a thin orange border that has small circular accents at the corners.

**TOBACCO
FREE
COLLEGES**

Handling Stress, Tobacco-Free

HELPFUL TIPS FOR HANDLING COLLEGE STRESSES, TOBACCO-FREE:

SLEEP

Let your mind refocus, recharge and rebalance. Take a nap, go to bed early or stick with a regular sleep schedule — it will help manage your stress levels.

EAT WELL

Make sure you balance your diet with fruits, vegetables whole grains and proteins. Your brain and your body will notice the difference!

EXERCISE

Whether you take a leisurely 30 minute walk, hit the gym in between classes or find time for a long run, exercise is a vital part of your schedule – especially when it comes to balancing the stresses of college.

DOWN TIME

You might just need to find several minutes every day for quiet time without people, cell phones, computers or any other distractions. Think about combining quiet time with exercise, such as taking a walk alone.

SOCIAL TIME

If you have been studying the whole afternoon, take a break and grab dinner with your friends or go see a movie. Having a social life is an important part of the college experience, so make time to be social in order to keep you from being stressed!

GET HELP

Don't be afraid to talk or vent to a friend. Often times, someone else can better help you process what steps you need to take to help you be less stressed. In turn, you might be able to help your friend with his or her stresses, and you may come up with mutual solutions.

**THE BOTTOM LINE: FIND OTHER SOLUTIONS TO COPING WITH STRESS.
CHOOSE NOT TO SMOKE.**

If you or someone you know wants to quit smoking or dipping, please call:



1-800-QUIT-NOW

Resources: College Stress—How to Reduce College Stress, 2010, <http://collegelife.about.com/od/healthwellness/ht/Stress.htm>

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2001 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.