

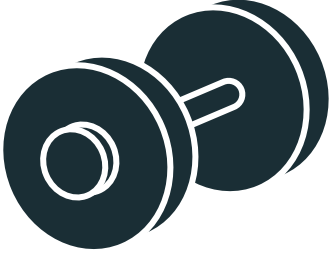


# Stress BUSTERS

## Positive Living



### Healthy lifestyle



Developing a healthy and positive lifestyle doesn't have to be tedious and hard work. It starts with small steps and over time helps to create good balance, overall wellness and effective management of stress. At first it may seem difficult especially to change old habits, but once you create a routine, where living healthy is "normal" – it is no longer hard work, but part of who you are. Live healthy, make the effort, protect your health and close the doors on poor management of stress – afterall, this is your life and you're in control!

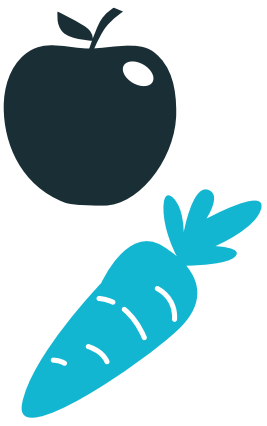
### Getting physically active



When stressed, you probably don't feel like moving. The first step though, is to get yourself up and about.

- Exercise and physical activity helps to relieve stress and helps distract you from daily worries
- Moving is imperative to good health
- Exercise - build up to a daily 30 minute routine
- Walking, running, playing sport, dance – choose what works for you

### Eating and drinking healthy



Good eating habits help your body cope better with the physical effects of stress. As much as possible try to:

- Eat healthy, balanced and nutritious meals
- Limit junk food
- Avoid fried foods, foods high in sugar, alcohol and caffeine.
- Choose fresh fruit and vegetables
- Increase your water intake (recommended 6-8 glasses a day)

### Self-care

Self-care is making the time to do a task or activity that will enrich your mental, emotional, spiritual wellbeing. Consider possible ways to nourish self:

- Keep a journal: It's a great way of capturing and tracking your thoughts and feelings
- A Gratitude Journal is a list of things that you are thankful for. It helps to read back and reflect when things aren't necessarily going your way
- Pamper yourself: This does not have to be expensive but just something that reminds you that you're special too
- Seek physical and/or mental health care services when necessary – we all need that 2nd opinion or different perspective
- Do things that you enjoy: Don't be afraid to focus on yourself every once in a while
- Unplug: Take time off social media to learn and appreciate other valuable things in your life
- Create Balance - Look at meeting as many of your physical, social, emotional, mental and spiritual needs.

### Managing the Challenges of COVID-19

Practice simple hygiene measures that can help protect your health and those around you:



- Wash your hands frequently - it's the best line of defence. Cold water and warm water are equally effective. Do this with soap and water for at least 20-30 seconds, especially after using the restroom, when you leave and return home, before preparing or eating food, applying make-up or handling contact lenses, etc.
- If using a hand sanitiser ensure that it contains at least 60% alcohol, cover all parts of the hands and rub together for 20-30 seconds until hands feel dry. If visibly dirty, wash with soap and water.
- Don't touch your face - avoid touching your eyes, nose and mouth as much as you can
- Don't cough or sneeze into your hands. Instead, use your elbow or tissue and dispose of used tissue immediately
- Keep your distance - maintain a distance of at least 1 meter from people, especially if they are coughing or sneezing
- Clean and disinfect high-touch surfaces in your home regularly as an important precaution to lower the risk of infection; door handles, tables, chairs, handrails, kitchen and bathroom surfaces and light switches etc.
- To avoid damaging sensitive items such as mobile phones, consider using wipes.
- Good practices to consider are removing your shoes and changing into clean clothes when you return home after being in crowded places.



If you need to talk to a therapist you can get in touch with the CCDU;



visit our or [info.ccd@wits.ac.za](mailto:info.ccd@wits.ac.za) (Mon-Fri; 8am – 16h30pm)  
or call the 24-hour Wits Student Crisis Line – **0800 111 331**