

Hello Barton!

It's that time of year again. Finals are coming and end of the year grades are on the horizon. Work projects are looming and deadlines are coming. Summer family activities are taking a hold and personal time is disappearing. With all of that comes, all of that unhealthy stress. Stress causes a wide range of side effects from change of personality and relationships to negative health effects. Below are 10 tips that Web MD suggests to combat stress.

- [1. Exercise](#)
- [2. Relax Your Muscles](#)
- [3. Deep Breathing](#)
- [4. Eat Well](#)
- [5. Slow Down](#)
- [6. Take a Break](#)
- [7. Make Time for Hobbies](#)
- [8. Talk About Your Problems](#)
- [9. Go Easy On Yourself](#)
- [10. Eliminate Your Triggers](#)

For the full article, click on the link below.

http://www.webmd.com/balance/guide/tips-to-control-stress#_1

Relax and have a great finals week!

Lucas Stoelting
Campus Safety
Lead Officer



Campus safety takes all of us.

Do your part and download Rave Guardian.

Available on the App Store

RAVEGuardian

The advertisement features a smartphone displaying the Rave Guardian app interface. The app screen shows a grid of icons: a blue envelope for 'Email', a blue shield for 'Guardians', a yellow clock for 'Safety Timer', a green eye for 'Send a Tip', a red warning triangle for 'Call Campus Safety', and a red phone for 'Call 9-1-1'. The app title 'Rave Guardian' is at the top of the screen.