

## Student Counselling Office (Zentrale Studienberatung)

### 10 tips for fighting stress

1. Get moving! Physical activity reduces stress.
2. Eat healthy food and drink enough water (min. 1.5 litres of water per day).
3. Use relaxation techniques: yoga, breathing exercises, muscle relaxation, meditation, tai chi, autogenic training. Courses are offered by the university sports programme (Hochschulsport), health insurance companies and adult education centres (Volkshochschulen), among others.
4. Manage your time: a to-do list with priorities helps.
5. Take control of your life: set goals for yourself and try to reach them via small steps.
6. Take frequent, short breaks to get fresh air: this will give you new momentum.
7. Learn to be assertive: advocate for your own needs and wishes.
8. Build up a support network of friends and family and actively ask for help.
9. Try something new. Try not to be perfectionistic about it; you'll only hold yourself back.
10. Think positively. Write down what went well each day.

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We're here to answer all of your questions about your studies – by email, by phone or in person.  
You can find up-to-date contact information and office hours at [bit.ly/HAW-ZSB](https://bit.ly/HAW-ZSB).

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