

Stress-less Spring

MARCH 19TH IS THE FIRST DAY OF SPRING!

We know things have been particularly stressful lately. Here are some simple tips to reclaim your calm:

Sweat More, Stress Less

Exercise releases feel-good chemicals in the brain that help fight the effects of stress!

Breathe

Try a few minutes of deep breathing to help you feel more calm and grounded.

Limit Screen Time

Blue light affects your sleeping patterns. Disconnecting at least 60 minutes before bed can help you sleep better, stress less, and free up time to do rewarding activities instead.



Sweat More, Stress Less

Not sure where to start?

Join RDW in the gym on March 19th from 12pm - 1pm for a fun run/walk and other various sporting endeavors.

Free Spin / Indoor Cycling with Jodi Reid

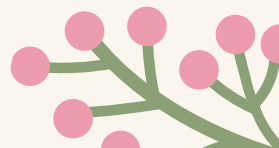
Mondays & Wednesdays from 4pm - 5pm in Gym 210

Check-out Fitness Blender for free workout videos!

Besides decreasing stress, exercise has many other benefits as well. Check-out this article about the mental health benefits of exercise.



While exercise is an important part of your health, a healthy diet also contributes to lower stress! Check-out these must-try nutritional spring recipes!



Breathe



Upcoming events to help relieve stress:

Come hang-out with some cute therapy animals March 17th from 11am - 1pm in the Library!

Free 15 minute massages March 18th from 2pm - 5pm for staff and faculty. Sign-up in the Student Activities office.

Current LCC Offerings:



[Yogilates](#)

[Yoga for Beginners](#)

Other Resources:

[Breathing Exercises for Relaxation](#)

[Audio Meditations for Health](#)

[Meditation with Great Vow Zen Monastery](#)

Check-out this [article](#) on finding your stress level with tips on how to manage it.





Limit Screen Time

Did you know the average American spends 10+ hours a day in front of screens? This number is only growing!

Check out these screen-free activities:

- Go shopping at the [Adidas Employee Store](#)
 - Gather stuff for a garage sale
 - Start a journal
 - Go to a concert
 - Bake some treats and share with your neighbors
 - Go outside and play some soccer or basketball
 - Pick up an instrument and practice
 - Build an indoor fort with your kids
 - Lay out a blanket and stargaze
 - Sign-up for a class at LCC
 - Take a nap
 - Invite some friends over for game night
 - Take an old friend out for dessert
 - Explore your town and photograph whatever you find most interesting
 - Re-create your favorite dish at home
 - Visit a museum in your own town
 - Make a collage or dream board
 - Go for a hike
 - Have a picnic
 - Volunteer at a pet shelter
 - Reorganize your closet and drawers
 - Do a random act of kindness
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