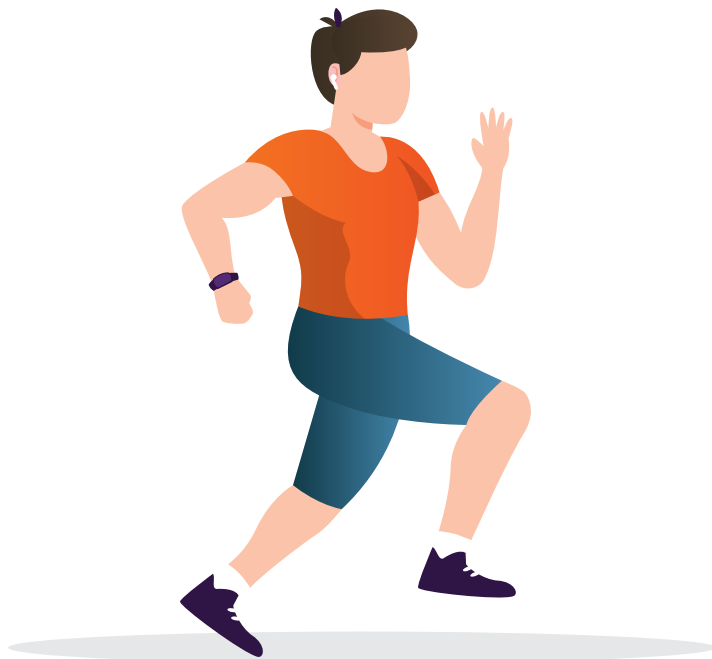


GRIT STRATEGY: **LOWER STRESS**

Students with high-stress levels dropped out at the highest rate after one and a half years of college.¹

Get active

Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever.²



Laugh more

When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response.²



Connect with others

When you're stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections.²



1) Saunders-Scott, D., Braley, M., & Stennes-Spidahl, N. (2018). Traditional and psychological factors associated with academic success: Investigating best predictors of college retention. *Motivation and Emotion*, 42(4), 459-465. <https://doi.org/10.1007/s11031-017-9660-4>

2) Tips retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>