

TEN Quick Ways to reduce Law School *Stress*

1. Breathe!

When we are relaxed, our breathing is slow and even. When you notice yourself becoming stressed, say to yourself, "Stop." As you breathe in, repeat the word "peace," or say something that brings peace to you. As you breathe out, smile.

2. Think positively.

Remember, it's your PERCEPTION of a situation that determines how stressful it is. Approaching any stressful event in a positive manner will boost your energy.

3. Be gentle with yourself.

You will make mistakes. Many people beat themselves up because they forgot a meeting, had a piece of cake, or didn't complete their to-do list. Keep things in perspective.

4. Smile.

Greeting everyone with a smile will make others feel good about being around you. In turn, smiling will give you a sense of ease and calm.

5. Move!

Exercise is effective in burning the excess adrenaline that fuels feelings of anxiety and stress, and releases endorphins, a natural "feel good" chemical. Take a quick walk, dance or jump around—even ten minutes can make you more productive.

6. Create a mental oasis.

Several times during your workday, pause briefly to create a peaceful image in your mind. Imagine the beach, a peaceful forest, a stunning sunset—anything that calms and relaxes you.

7. Watch your fluid intake.

The coffee or soda you drink throughout the day can cause shaky hands, restlessness and irritability. Keep your body happy by drinking lots of H₂O!

8. Listen to the music.

The right music can relax you, cheer you up, or help you to feel more energized. Turn on the tunes and adjust your attitude accordingly.

9. Stay in the moment.

Avoid anxiety and regret by focusing on the present moment. Both the past and the future are beyond your control, but right now you can do your best.

10. Don't be afraid to ask for help.

Pick up the phone to call a friend and chat, or ask for assistance with something that's overwhelming. Call the OAAP at 503-226-1057, or go to www.OAAP.org to check out our free, confidential services.



OAAP
lawyers helping lawyers

(-and law students, too!)