Stress

The way your mind and body react to pressure
Stressors for College Students

- Adjusting to a new environment.
- Facing increased workloads.
- Making difficult decisions.
- Juggling school, work, and personal responsibilities.
Stress Management Strategies

- Eat right.
- Exercise.
- Get enough sleep.
- Think positively.
- Seek balance in your life.
- Recognize and address issues specifically.
- Develop and use a time management plan.
- Set reasonable goals.
- Set boundaries and learn to say no.
- Pick your friends carefully.
Too much stress can lead to mental health problems such as depression, eating disorders, substance abuse, and risky behavior.
Twenty Self-Help Suggestions

1. Develop a coping attitude.
2. Learn to learn.
3. Listen to what your body is telling you.
4. Learn and use relaxation techniques.
5. Respect your feelings.
6. Benefit from your thoughts.
7. Practice assertion.
8. Confide in a friend.
9. Meet your problems head-on.
10. Actually try to solve your problems.
11. Act on your solutions.
12. Make and learn from your mistakes.
13. Focus on yourself and your needs.
14. Respect others.
15. Set goals.
16. Make a self-help list of things that make you feel better.
17. Recognize the importance of time management.
18. Have fun.
20. Give change a chance.