WHAT IS STRESS?

“Stress is a normal part of college life. A certain level of stress is healthy and can be motivating. When stress goes beyond this level, it can become a problem.

A recent study showed that stress — more than physical illness, lack of sleep or concern for a friend or family members — was the single biggest obstacle to academic performance at college.

Each of us responds to life events differently. What is stressful for one person may or may not be stressful for another. Excessive stress can sneak up over time. If left untreated, excessive stress can lead to unhealthy and potentially serious physical and emotional consequences.”

Source: www.ulifeline.org
AM I STRESSED OUT?
Consider some of the following statements. Have you experienced any of these signs of stress lately?

1. I haven’t been able to manage all that I have going on.
2. I’ve felt angry or irritable over minor things.
3. My appetite has not been the same as usual.
4. I’ve been having trouble getting to sleep or staying asleep.
5. I’ve had difficulty handling my personal problems.

If you answered “Yes” to one or more of the statements above, it may be a sign that stress is having an effect on you.

Speak with a counselor about what may be causing you stress and get help learning new coping strategies.

SIGNS AND SYMPTOMS
How do you know when you are feeling stressed out?

It is important you recognize the signs of stress yourself, so that you can be best prepared to cope with and reduce such negative symptoms.

Physical symptoms of stress include:
- Having a low energy level
- Headaches, body aches and pains
- Nausea, diarrhea and constipation
- Clenched jaw and grinding teeth
- Muscle tension
- Difficulty sleeping
- Frequent colds and infections
- Loss of sexual desire and/or ability
- Chest pain and rapid heartbeat
- Nervousness and shaking, ringing in the ear, cold or sweaty hands and feet
- Dry mouth and difficulty swallowing

Emotional symptoms of stress include:
- Feeling irritable, easily frustrated or moody
- Wanting to avoid others/Isolating yourself
- Feeling overwhelmed, difficulty focusing
- Having negative thoughts (i.e. “I’ll never graduate on time”, “No one likes me”)
- Difficulty with relaxing
- Feeling bad, lonely or depressed

Source: www.webmd.com

COPING WITH STRESS
Different strategies work for different people. What works for you?

The following are a few healthy and effective ways to cope with stress:
- Exercise (Yoga, Tai Chi, Swimming, Walking, etc.)
- Meditation and Mindfulness
- Visualization
- Watch a funny movie. Laugh!
- Maintain a well-balanced diet
- Practice Deep Breathing
- Journal-Write about your stress
- Spend time with friends and family
- Get involved in hobbies and activities
- Listen to music (and dance)
- Volunteer doing something you enjoy
- Take a hot bath
- Improve your time management
- Get enough sleep
- Speak with a Counselor

Source: www.webmd.com