

STRESSED OUT!

What is stress, anyway?

- A normal physical, mental, and emotional response to life's changes and demands. Everyone responds differently!

What causes stress?

- Health problems, Relationships, Emotional problems like anxiety or depression, Your surroundings, Job/School, Life transitions (like leaving home, moving or getting married), Social factors (like loneliness, your age, how you relate to others).

So how do I know if I'm stressed?

- You may notice physical symptoms like headaches, tight muscles or an upset stomach or "butterflies".
- You might also feel jumpy, tired all the time, irritable or have problems concentrating. You may feel overwhelmed!
- Chronic stress over time can lead to physical and emotional illness like ulcers, irritable bowel syndrome, migraines or depression and/or anxiety.
- Stress also affects your immune system, so you may get sick more often or not feel "like yourself".

How to relieve stress

- Write about it! (keep a journal)
- Talk about your feelings with a friend, family member or counselor
- Develop your own personal coping skills (like taking a bubble bath, walking your dog, going to a movie, etc.)
- Save time for yourself!!! (keep a record of how you spend your time, including family, work/school, etc.) By doing this, you can see where you can give yourself more leisure time.
- Prioritize your activities; what's important NOW and what can wait.
- Break big tasks down into little ones; set short-term deadlines!

- Keep a day planner to stay on track and minimize missing important tasks or deadlines. It will also give you a sense of control over your life!
- Check out the materials/tools available on stress at the College Health Center's site in Blackboard.

And remember...stress is USUALLY a temporary situation! If you find that your stress is long-term, contact the Health Coordinator for guidance...

