STRESS AND COLLEGE
SYMPTOMS

COGNITIVE
- LOSS OF MEMORY
- POOR CONCENTRATION
- POOR JUDGMENT
- SEEING ONLY THE NEGATIVE
- ANXIOUS RACING THOUGHTS
- CONSTANT WORRYING

EMOTIONAL
- MOODINESS
- SHORT TEMPER
- AGITATION
- INABILITY TO RELAX
- LONELINESS / ISOLATION
- DEPRESSION / GENERAL UNHAPPINESS

PHYSICAL
- ACHES / PAINS
- CHEST PAIN
- RAPID HEARTBEAT
- LOSS OF SEX DRIVE
- FREQUENT Colds

BEHAVIORAL
- CHANGE IN EATING HABITS
- CHANGE IN SLEEPING HABITS
- NEGLECTING RESPONSIBILITIES
- USING ALCOHOL, CIGARETTES, AND / OR DRUGS
- NERVOUS HABITS – NAIL BITING, PACING
WHAT IS STRESS?

STRESS IS A NORMAL PHYSICAL RESPONSE TO EVENTS THAT MAKE YOU FEEL THREATENED OR UPSET YOUR BALANCE IN SOME WAY.

THE BODY’S DEFENSES KICK INTO HIGH GEAR-A RAPID, AUTOMATIC PROCESS KNOWN AS THE “FIGHT-OR-FLIGHT” REACTION

STRESS HELPS YOU MEET LIFE’S CHALLENGES. IT SHARPENS YOUR CONCENTRATION DURING TESTS, PRESENTATIONS, OR FOR THE GAME WINNING THROW.

TWO TYPES

DISTRESS: A PROLONGED STATE OF NEGATIVE STRESS

EUSTRESS: HEALTHFUL STRESS, GIVES THE FEELING OF FULFILLMENT
STRESS MANAGEMENT

- Socialize
- Get Active
- Sleep
- Find Some Alone Time
- Read a Book
- Eat Balanced Meals
- Talk to Someone You Trust
- Set Goals
- Relax
- Humor
- Play
- Manage Your Time
KNOWLEDGE / PREPARATION

THE MORE YOU KNOW ABOUT A STRESSFUL SITUATION – THE EASIER IT IS TO COPE

ABILITY TO DEAL WITH EMOTIONS

ABILITY TO BRING YOUR EMOTIONS INTO BALANCE – BOUNCE BACK FROM ADVERSITY

SENSE OF CONTROL

CONFIDENCE IN YOURSELF AND ABILITY TO INFLUENCE EVENTS AND MEET THE CHALLENGES

ATTITUDE / OUTLOOK

AN OPTIMISTIC ATTITUDE – EMBRACE CHALLENGES – ACCEPT THAT CHANGE IS A PART OF LIFE

SUPPORT NETWORK

SUPPORTIVE FRIENDS AND FAMILY MEMBERS ARE A BUFFER AGAINST STRESS

INFLUENCES OVER STRESS TOLERANCE
REDUCE STRESS

AVOID UNNECESSARY STRESS
- Learn to say no
- Avoid people who stress you out
- Take control of your environment
- Pare down your to-do list

ALTER THE SITUATION
- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

ADAPT TO THE STRESSOR
- Look at the stressor in a more positive light
- Look at the big picture
- Avoid perfectionism
- Focus on the positive

ADOPT A HEALTHY LIFESTYLE
- Exercise regularly
- Eat a healthy diet
- Reduce caffeine / sugar
- Avoid alcohol / cigarettes / drugs
- Get plenty of sleep

MAKE TIME FOR FUN / RELAXATION
- Schedule time for fun
- Connect with others
- Do something you enjoy
- Keep your sense of humor

ACCEPT THE THINGS YOU CAN NOT CHANGE
- Don’t try to control the uncontrollable.
- Look for the upside
- Share your feelings with friends / therapist
- Learn to forgive
RELAX
RECHARGE

- Go for a swim
- Draw
- Dance
- Go to the movies
- Clear your mind
- Call home
- Write in a journal
- Take a long bath
- Light scented candles
- Savor a cup of tea
- Spend time in nature
- Go to a party
- Watch a comedy
- Meditate
- Deep breathing
- Go for a walk
- Call a friend
- Work out
- Listen to music
- Curl up with a book
- Get a massage
- Savor a cup of coffee
TITLE PAGE

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INFLUENCES OVER STRESS
Information compiled from:

University Center for Health at University of Georgia [http://www.uhs.uga.edu/stress/relax.html]

Other Sources:
[http://www.epicexecutivecoaching.com/upcoming.php]
[http://www.collegeandfinance.com/top-five-things-that-stress-college-students-out/]