

# ARE YOU STRESSED?

Many college students don't realize that they are under too much stress- or write it off as normal-until it's too late. Here are some signs that you may need to seek help in managing your stress.



## Physical Symptoms

- Low energy
- Headaches
- Upset stomach
- Aches and pains
- Rapid heartbeat
- Insomnia
- Frequent colds



## Emotional Symptoms

- Becoming easily agitated, and frustrated
- Feeling overwhelmed
- Having difficulty relaxing
- Low self-esteem
- Avoiding others



# TIPS FOR STRESS MANAGEMENT

## GET PLENTY OF SLEEP

Not getting enough sleep impairs academic performance and makes it harder to get through the day.

## THINK POSITIVE

Research has shown that positive thinking may improve physical well-being, produce lower feelings of depression and produce lower levels of distress.

## HAVE A STRESS “OUTLET”

This could be a social activity like going out or participating in intramural sports, finding a hobby or joining a social club.

## ENGAGE IN RELAXATION TECHNIQUES

This can include things like slowly counting to ten, meditation, thinking positive thoughts, visualization or playing with a stress ball.

## TALK TO SOMEONE

Sometimes just talking about what's stressful or having someone listen to your problems can drastically reduce stress.

