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.