

Stress Management Strategies

Attitude

Maintaining a positive attitude may enable you to react in a more productive manner when faced with challenges or stressful situations.



Eating Healthy

Eating healthy helps to increase mental and physical stamina, boost your immune system, and improve self-confidence.

Exercise

Physical activity is an immediate stress reducer. University of Georgia's University Health Center boasts that physical activity can give you more energy, help you put things into perspective, improve your sleep, sharpen your mental productivity, and boost your self-confidence.



Sleep

Getting enough sleep is important in managing stress levels because it allows individuals to function at peak performance.



Healthy Relationships

Maintain meaningful relationships with people who support you. Opening up to friends or family is an important way to cope with stress.

Socialize

If you experience social anxiety, try joining a club where the atmosphere is relaxed and informal. Additionally, and especially in college, there may be ample opportunities to socialize with friends and peers. It is important to know when to say no when it comes to balancing social gatherings and schoolwork.

Drugs & Alcohol

In addition to harmful physical and mental effects, the use of drugs and alcohol can create more stress instead of relieve stress.

Organization

Keep track of school assignments in a special planner to keep yourself on schedule and keep up with assignments. Procrastination can lead to stress. Allow yourself enough time each week to do your schoolwork by planning how you will spend your time.



Roommates

If you are having trouble with your roommate, make sure you openly communicate with one another and set ground rules.

Finances

Setting weekly budgets may help to organize your finances and set goals.



Test Anxiety

When you have test anxiety, take deep breaths and visualize doing well on the exam. Test anxiety may hinder your ability to think clearly so remember to relax and think positively. Make an appointment with a Success Coach to help put things in perspective!

Quiet Place

Make sure you have a quiet place, preferably in your home, or a location where you can easily go to where you can clear your mind. This may be a coffee shop, library, park, etc.

