Stress Management Tips

Common causes of stress...

- Expectations we place on ourselves
- Expectations from others
- Our physical environment – noise, movement, weather, season changes
- Our internal environment – academic pressure, frustration, lack of time, decisions, social life

Ways to manage stress...

- **Get organized**: Plan, schedule, take notes, and keep good files.
- **Take breaks during studying**: Take a 10 minute break after every 50 minutes of work to maintain peak performance.
- **Do it now**: Procrastination breeds stress.
- **Know Yourself**: Know and accept what kind of person you are, both your strengths & weaknesses.
- **Know your limits**: Be realistic about what you can accomplish in a day.
- **Learn to say “no”**: It’s okay to say “no” when your schedule is full.
- **Balance your life**: Don’t overdo either studies or play.
- **Treat your body right**: Eat a balanced diet, get enough sleep, and exercise regularly. Walk loosely, and walk more often.
- **Avoid self-medication**: Alcohol and other drugs mask or disguise problems, leading to an increase in stress after use.
- **Take a deep breath**: Deepening your breath helps relieve physical signs of stress such as muscle tension.
- **Socialize**: Expand your support network, reinforce friendships.
- **Talk it out**: Don’t bottle up your thoughts and feelings. Discuss problems with friends, family, dean/chancellor, or counselor.
- **Laugh**: Maintain your sense of humor and your ability to laugh at yourself.