


An open book with orange and green covers lies flat on a white surface. A yellow mug is positioned behind the book. The background is a soft, out-of-focus white curtain. The text "College Stress:" is written in a purple, cursive font across the middle of the image.

College Stress:

Making It Work For You

Stress is...

*Emotional, Intellectual
or Physical Reaction
to
Change or Demands
Essential to life
Can be positive or
negative*

A clear glass jar with a silver-toned lid is filled with small, translucent green beads. It sits on a light-colored bamboo mat. In the background, a wall with a grid of blue and green square tiles is visible, along with a blurred white object.

**A SERIES OF BIOCHEMICAL CHANGES IN THE BODY
WHICH PROVIDES A BURST OF ENERGY TO
PREPARE FOR CONFRONTATION OR ESCAPE FROM
A THREAT.**

**“FIGHT OR
FLIGHT
RESPONSE”**



A background image showing the lower halves of two students. The student on the left is wearing a red and white vertically striped shirt and blue jeans, carrying a stack of three books (two white, one yellow). The student on the right is wearing a pink and red floral shirt and blue jeans, carrying a stack of two books (one blue, one yellow).

COLLEGE IS FULL OF STRESS AND CHANGE

YOU EXPERIENCE

STRESS FROM:

1. ENVIRONMENT
2. SOCIAL
3. PHYSICAL
4. PSYCHOLOGICAL
5. LIFE EVENTS

COLLEGE STRESS: THE BIG FIVE



- Separation from family
- Freedom
- Competition
- Peer Pressure
- Choosing a Career



Coping with Stress

- **Control what you can**
 - **Seek support**
- **Develop stress resilience**
- **Practice stress outlets**



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The Sense of Control



- Try to determine what you can control and what you can't
- Take any action, no matter how small to resolve a situation that feels out of control
- Practice problem-solving skills



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Ways to Receive Support



Use campus
Resources
including
mentors,
faculty,
&
staff



Support



Support
Get
involved
with
campus
activities,
events, clubs

Support



Give support to others and ask
for support when needed

A close-up photograph of a Black man in a grey checkered suit jacket, white shirt, and dark tie. He is looking over his right shoulder towards the camera with a serious expression. In the foreground, the back of a person's head and shoulder are visible, heavily blurred, creating a sense of being observed or followed. The background is a bright, out-of-focus outdoor setting.

Support

**Talking
To
Your
Counselor**



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Stress Resilience

- Build your coping resources
- Be flexible
- See setbacks as temporary
- Nurture an attitude of gratitude
- Take action
- Take care of your basic needs





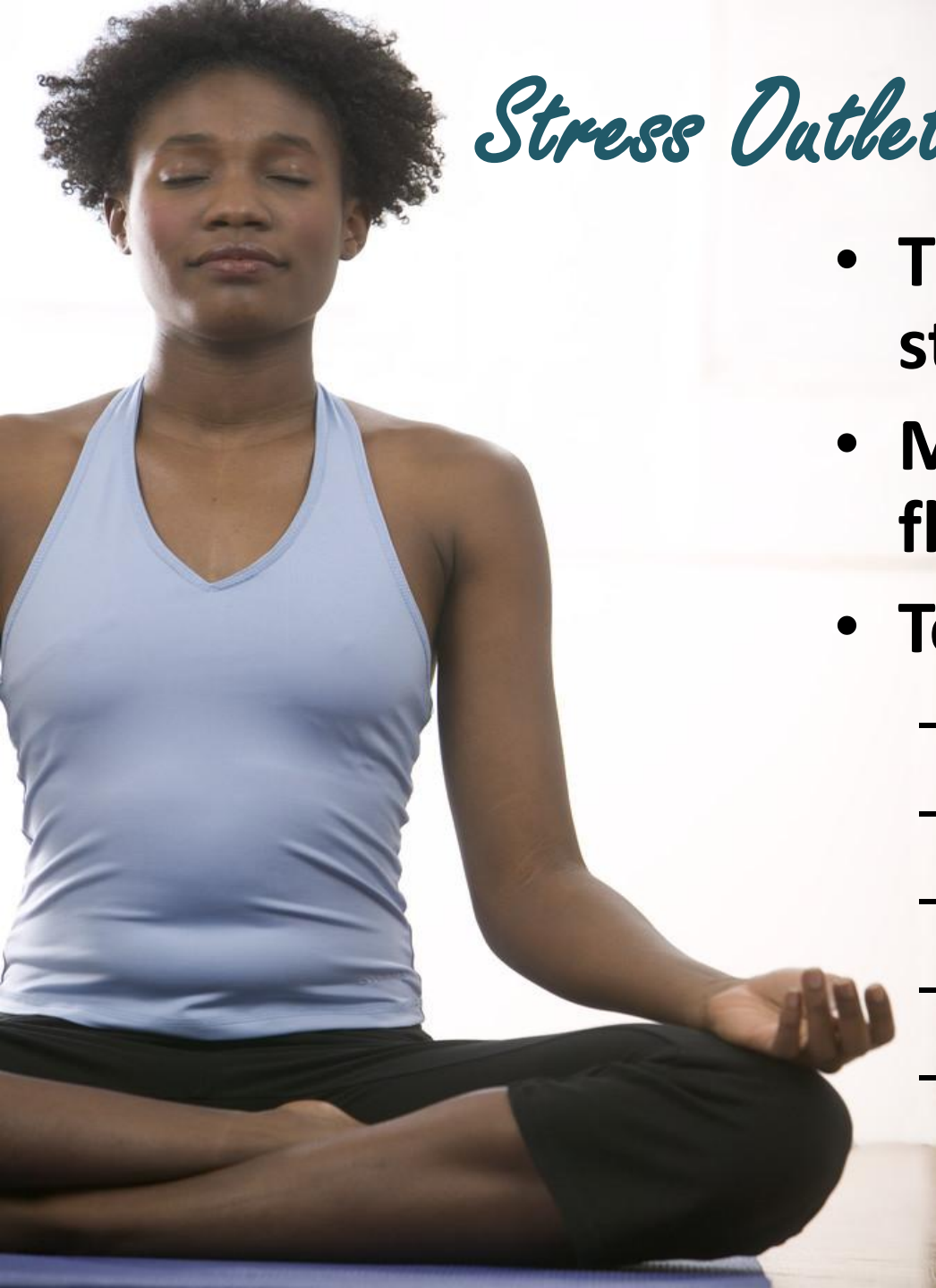
Coping with Stress

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Stress outlets

- Make big deposits
(20-30 Minutes)
Exercise, practice
relaxation techniques,
yoga
- Make little deposits:
laugh, read, listen to
music or take a mini
vacation
- Sign up for massage
- Talking to a friend
- Journal





Stress Outlets: **RELAXATION**

- The natural antidote to stress
- Move from “flight or flight response” to repair
- Techniques include:
 - Breathing
 - Progressive relaxation
 - Visualization
 - Autogenic
 - Yoga

THE RELAXATION RESPONSE

- The brain stops sending emergency signals as soon as you decide it is not dangerous.
- The “flight or fight” response burns out approximately 3 minutes after the signal has been sent.
- Metabolism, heart rate, breathing, muscle tension return to normal



Massage Therapy

Chair Massage is
offered twice a
month.

Cost is \$5.00

Sponsored by ASSMU

Sign up in the
Counseling Office





Coping with Stress

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Relax Your Mind...

Breathe...

Take Good Care of Yourself...

