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 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”
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
Coping with Stress

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Coping with Stress

• Control what you can
• **Seek support**
• Develop stress resilience
• Practice stress outlets
Ways to Receive Support
Use campus Resources including mentors, faculty, & staff Support
Support
Get involved with campus activities, events, clubs
Give support to others and ask for support when needed.
Support Talking To Your Counselor
Coping with Stress

• Control what you can
• Seek support

• Develop stress resilience
• Practice stress outlets
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

• Control what you can
• Seek support
• Develop stress resilience

• Practice stress outlets
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 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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• Seek support
• Develop stress resilience
• Practice stress outlets
Relax Your Mind...  
Breathe...  
Take Good Care of Yourself...