Tips for Stress Management

1. **Understand the Necessity of Stress** – It is important to recognize that stress in a normal, ongoing part of life, without which there would be no motivation. Turn stress into a positive force and let it make your life more interesting!

2. **Work Off Stress** – If you are upset, angry, or tense, try blowing off steam by walking, running, playing basketball or some other physical exercise. This puts that built up adrenaline to good use.

3. **Talk It Out** – Another person may help you to see your stress from a different perspective and suggest a different solution. This person can be a friend or RA. Also remember that sometimes you may need to try talking to a professional in order to handle particularly stressful situations. During these times, schedule an appointment at the Counseling Center or talk to your minister.

4. **Learn to Accept What Cannot Be Changed** – If a problem is beyond your control, your efforts are best spent accepting it, at least until it is more possible to change. It beats spinning your wheels and getting nowhere.

5. **Alcohol Is Not A Way Out** – Chemicals, including alcohol, can mask the symptoms of stress, but do not help you to deal with the stressor. Try to take on the stressful situation, instead or using alcohol to provide short term relief.

6. **Get Enough Sleep and Rest** – Lack of sleep can lessen your ability to deal with stress and make you more irritable. If stress consistently prevents you from getting a good night’s rest, inform a health professional.

7. **Balance Work and Recreation** – Schedule down time for recreation and relaxation. Try to pursue activities you really enjoy or help you to relax.

8. **Get Outside of Yourself** – Sometimes, when under stress, you tend to concentrate on your own problems and situation excluding others. When this happens, try helping others. It gets your mind off your problems, can help you relax, and can introduce you to new people. The Outreach Center has a ton of opportunities waiting.

9. **Take One Thing at a Time** – It is discouraging to tackle everything at once. Instead, prioritize tasks and set aside time to work on the most urgent.

10. **Go Where the Action Is** – Sitting alone can make you feel more alone and frustrated. Make yourself available, become more involved in campus organizations or community service.