



STRESS: THE FACTS



WHAT IT IS

- An emotional/bodily reaction to physical, psychological or emotional demands
- A fact of life
- It can be useful and healthy (viewing events as challenges).
- **Unmanaged** stress can become distressful and unhealthy (viewing events as threats).

CAUSES

- Expectations we place on ourselves
- Expectations of others
- Physical environment—noise, movement, weather, season changes
- Internal environment—academic pressure, frustration, not enough time, decisions, social life

SYMPTOMS

- Increased heart rate and blood pressure; feeling tense, irritable, fatigued or depressed
- Lack of interest and ability to concentrate; apathy
- Avoidance behaviors: abuse of drugs, alcohol, tobacco

HOW TO HANDLE IT

- Add balance to life; don't overdo studies or play.
- Know and accept what kind of person you are: strengths and weaknesses.
- Get a thorough physical exam.
- Take "time-outs," especially during study.
- Expand your support network, reinforce friendships.
- Exercise regularly.
- Watch your breathing.
- Walk loosely and walk more.
- Learn and practice relaxation skills
- Study each subject regularly for moderate periods of time.
- Discuss problems with friends, family, dean or counselor.