Stress

Do you think you are under any stress? Review the information below and see if you are. Take advantage now of the strategies listed or seek out help if you realize that stress is impacting your life. Doing so may increase your chances for academic success.

Recognizing Your Stress Symptoms

Are you experiencing…

- feelings of being moody, irritable, scared, and/or anxious
- thoughts of low self-esteem, inability to concentrate, fear of failure, and/or forgetfulness
- behaviors that include acting impulsively, crying for no apparent reason, and/or increase smoking, drinking, and/or drug use
- physical effects that include sleeping problems, susceptibility to illness, tiring easily, and/or loss of appetite or overeating

If you are experience any of these symptoms, ***you are under stress***

Suggestions to Create Less Stress

Once you have figured out what is stressing to you, respond by…

- acknowledging and accepting your limits and ask for help
- learn relaxation techniques that can help reduce your physical reactions to stress
- exercise, eat well-balanced meals, and get enough sleep
- learn to adapt to stressful situations by turning negatives into positives, change your attitude/behavior, and alter your environment by finding a place to study without distractions, if necessary
- if you are feeling overwhelmed…
  - view the challenge in a different way, for example, what can I learn from this?
  - break down the challenge into more manageable tasks

This is just some insight about stress and stress management. There are many resources about stress management available to you on campus. Two departments that offer workshops on stress management are the Julia N. Visor Academic Center and Student Counseling Services. Make your reservation for the Visor Center's workshop on Stress Management at 438-7100 or make your appointment online at www.ucollege.illinoisstate.edu/workshops. If you need personal counseling to deal with your stress, please contact Student Counseling Services at 438-3655.