Why am I feeling stressed?????

College students often have readings to complete, exams coming, papers due, job requirements, miscommunications with friends or family, and a social life to organize! No wonder you’re stressed.

What can I do about it? First, recognize the signs of stress. They include over eating or under eating, drinking too much, elevated heart rate, irritability, insomnia, anxiety, headaches, indigestion, muscle tension, and jitteriness.

Now that you know what to look for, learn how to relax. You can exercise, flex/relax your muscles, meditate, practice deep breathing, use aroma therapy, listen to music or watch a funny movie, imagine peaceful places, pray, and talk/connect with others. Relaxing can be easier if you get enough sleep, enough laughter, eat well and cut back on alcohol. In addition, be realistic. Ask yourself, “If something doesn’t get done, what’s the worst that can happen?” Remember “It doesn't have to be perfect”. Don’t forget to look at the “Big Picture”.

Finally, use time management strategies. Use wasted time – 10 or 15 minutes here and there add up. Have a “To Do” list and prioritize your activities. Scheduling breaks will help minimize stress.

Counseling Services is one of two departments located in the Cowell Wellness Center. We have therapists on staff to serve the student community. The Wellness Center is open Monday through Friday, 8:00 am to 6 pm. Call 209-946-2315 ext. 2