



ARE YOU EXPERIENCING TOO MUCH STRESS? HERE ARE A FEW COMMON SIGNS OF STRESS:

- Difficulty concentrating
 - Increased worrying
- Trouble completing assignments on time
 - Not going to class
- Short temper or increased agitation
 - Tension
 - Headaches
 - Tight muscles
- Changes in eating habits (e.g., "stress eating")
 - Changes in sleeping habits

HELPFUL TIPS FOR MANAGING STRESS:

- Develop good time management skills. Find the balance between school, work, friends/family, and relaxation.
- Avoid procrastination. Putting off assignments or responsibilities until the last minute creates more physical and mental stress than staying on top of them.
- Exercise Regularly. When your stressed working out may be the last thing you want to do but physical activity helps burn off excess energy brought on by stress.
- Have good sleep habits. Sleep deprivation can increase stress.
- Avoid stimulants like caffeine. Stimulants can increase your body's response to stress.
- Take breaks during the day. Clear your mind by going for a walk, listening to music, meditation, or just sitting quietly.
- Journaling. Journaling can be very helpful in managing stress.
- Set realistic expectations for yourself. We all have limits and we need to learn how to work within those limits.
- Recognize that your own thoughts can be playing a role in your distress. Challenge beliefs you may have about yourself and your situation that may not be true.
- Look for humor in your life. Laughter can be an amazing tension reducer.
- Vent about stressful feelings. Get support from friends and family but try not to focus only on the negative things.
- Have fun! Get involved with activities that are happening on and off campus.

For more stress relief tips contact: Kristina.Thibeault @lakeareatech.edu, counselor at LATI.