



STRESS MANAGEMENT

Everyone gets stressed or anxious at times. The secret is not to try to avoid stress (that will never happen), but to learn how to deal with it effectively.

SYMPTOMS OF STRESS:

Physical symptoms:

Headache, sore neck, fatigue, indigestion, stomach pains, sweaty palms, anxiety, racing heart, irregular sleep

Emotional symptoms:

Crying, angry, lonely, forgetfulness, lack of sense of humour, irritability, hopelessness, unhappy, easily upset

Behavioural symptoms:

Drinking or using drugs, bossiness, self-critical, anger outbursts, restlessness, smoking, grinding teeth, irregular eating habits



TIPS TO LESSEN STRESS

- 1. ATTITUDE.** Being positive affects how you will react or how stress will affect you. If you have a negative attitude about how something will go, then of course you're only going to see the negativity in events. Focus on the positive and parts of your life that you are able to change.
- 2. EAT A HEALTHY DIET** Eating habits can help you manage stress. A healthy diet will increase your physical and mental strength. Eating junk food and sugar is not helpful, nor is overeating.
- 3. BE ACTIVE.** Getting out and doing something physical is a great stress buster. Just going for a jog or other physical activity will help you clear your mind.
- 4. SLEEP.** When you get a good night's sleep, your mind will be sharper and you'll have more energy. People need about eight hours of sleep a night.
- 5. TIME MANAGEMENT.** Procrastinating can be a big stressor. Learn how to schedule your time well and be more productive in the time that you have.
- 6. NO DRUGS AND ALCOHOL.** You won't think straight if you start boozing or taking drugs and you'll make poor decisions. When you sober up, not only will you have a hangover, but the stress will still be there and likely increased. Don't use drugs to deal with stress.
- 7. BREATHE** Take time to yourself. Have a bath, meditate, or do something you find relaxing. After a good relaxing break you'll feel refreshed and more enthusiastic about taking on challenges.
- 8. GET FRIENDS.** Don't isolate yourself. If you have a good support network you'll have more fun. It's good to talk to friends and get their help with stressful situations.

STRESS SELF-TEST

Rate the following on a scale of 0-3, 3 being the highest and 0 the lowest:	Never 0	Sometimes 1	Frequently 2	Usually 3
Do you race through the day, feeling there's never going to be enough time to do everything?				
Do you have trouble getting a good night's sleep?				
Do you often reach for a cigarette or a drink to help you relax?				
Do you become irritated easily or for no reason?				
Do you feel tired often?				
Do you get very agitated quickly and argue over simple things?				
Do you feel hopeless and down?				
Are you having trouble relaxing?				
Do you find there's just not enough time to take part in enjoyable activities or your hobbies?				
Do you feel you can't keep up with your work?				
Do you cry often and easily?				
Do you complain or worry often?				
Do you have headaches often?				
Do you frequently feel panicky?				
Do you find yourself avoiding social situations?				
Do you put off exercising or other fun activities?				
TOTAL:				

Add up your total and see how you scored:

Less than 20 You're as cool as a cucumber. Keep doing what you're doing and don't sweat the small stuff.

21-29 You have pretty much got everything under control but could use some R & R.

30-40 You are in the danger zone. You need to re-evaluate your goals and tasks. Determine what is really important and get organized. Ask for help when you feel overwhelmed. Try some of the tips on page 2.

More than 40 Stressed out! You may be just about to burn out. You might want to seek help from a counsellor or health professional. It also may be a good idea to lighten your workload and re-evaluate what is really important. You should read the section on how to better manage your time. Try to apply as many of the tips on page 2 as you can — daily. If you are still scoring this high after trying to de-stress, please visit your student counselling office.

CHECK THESE OUT:

<http://www.campusblues.com>

<http://www.adaa.org>