

Stress MANAGEMENT

Did you know stress isn't necessarily a bad thing? Stress is an acceptable emotion and can help motivate us to work towards achieving our goals or solving our problems. The important thing is to manage your stress not eliminate it. Just thinking about stress in this way, as a tool instead of as a barrier can help reduce the negative symptoms associated with it.

TIPS TO MANAGE STRESS

Talk about it, even if it doesn't solve it

Discussing our stressors with someone we trust can help reduce the negative feelings about those stressors. This is beneficial whether or not the problems are solved. Sometimes getting a new perspective or just feeling heard can be helpful in managing the burden of stress.

Prioritize

Create a list of your stressors and the tasks that need to be completed. Now you can prioritize that list based on due dates or by what tasks can be completed the fastest in order to clear up more energy and time for the larger responsibilities.

Self-Care

Be intentional about taking care of your basic needs during stressful times. Get enough sleep, eat nutritionally diverse food, and maintain good hygiene. Additionally, have one or two things you do every day that supports your well being. That could look like exercise, meditation, journaling, spending some time with friends, art, or listening to music. It doesn't have to take long, 10-20 minutes daily on a consistent basis will create a foundation for you to build on during times of high stress.

Balance

Give your attention and presence to multiple areas of your life. If all of your focus and stress is in one area, that stress is going to feel overwhelming. If school is your main stressor, try spending some time each day on hobbies or connecting with friends and family. Make some time for the areas of your life that are less stressful to help bring a greater sense of balance.

Practice the rule of 5

Will this matter in 5 years? If the answer is yes, give yourself ample time to consider the stress and create a plan for it. If the answer is no, only give yourself 5 minutes to worry about it or journal about it and then move on with your day.

I can handle this

