



ACE Your Stressors: Tips for Identifying and Managing Stress

What is stress?

- Stress is a physical, emotional response to the things happening around you. WebMD defines stress as “what you feel when you have to handle more than you are used to.”
- Some stress is normal and helpful; too much stress can have negative effects on your body, mind, and relationships.

What are some of the causes of stress?

- Expectations we place on ourselves
- Expectations of others: parents, friends, partners, families, coworkers, colleagues, social groups, professors
- Our physical environment: noise, movement, weather, season changes
- Our internal environment: academic pressure, frustration, not enough time, decisions, social life

It is important to remember that everyone responds to stress and stressors differently.

What are some symptoms of unmanaged stress?

- Stomach upset, back pain, headaches
- Increased heart rate and blood pressure
- Feeling moody, tense, irritable, or depressed
- Trouble sleeping
- Lack of interest and ability to concentrate, apathy
- Avoidance behaviors: abuse of drugs, alcohol, tobacco

What are some ways I can try to manage my stress?

- Exercise and practice relaxation skills. The Rec Center offers classes that can help you: yoga, boot camp, Zumba, and others.
- Laugh!
- Accept yourself: strengths, weaknesses, and everything in between
- Take "time outs", especially during intense study sessions.
- Do something you enjoy every day.
- Expand your support network: reinforce friendships and family relationships.
- Take 5 slow, deep breaths when you are feeling overwhelmed.
- Go for a walk.
- Discuss ongoing problems with a counselor or doctor. Set an appointment with the Counseling Center by calling 706-507-8740, or visit Student Health Services.