



Stress Management

College is an exciting time, full of new challenges that continually drive you to expand your horizons.

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Stress is a natural feeling, and it is important to note that sometimes a little bit of stress can actually be good for us, as the right kind of stress encourages us toward change and growth and it can help to push us to work hard and do our best, (especially in those all-important college assessments!).

However, there are some steps you can take to reduce your stress levels and help improve your wellbeing. Below are seven techniques that can help you to alleviate stress, succeed at college and live a healthy balanced lifestyle.

- 1) Eat Well - Over consumption of food, especially heavily processed foods, will increase the likelihood of introducing stress-related substances into the body. Try to eat plenty of fruits and veg which are great for the body. Health food not only builds the body, but it helps in the expulsion of harmful toxins (some of which are known to enhance stress).
- 2) Exercise – This is one of the best things you can do to reduce stress. Exercise produces endorphins, the feel-good chemicals which will help you to balance your mental and physical reactions to life's stresses. Other recommended exercises include walking jogging or yoga.
- 3) Practise good sleep habits – This is to ensure that you are well-rested. Sleep deprivation can have both physical and mental effects which can in turn increase stress.
- 4) Make a plan – Set and implement specific goals for yourself. Break up tasks into smaller, more manageable sections and often creating a timetable to block sections of time throughout your day can be helpful, but make sure to leave time for yourself to socialize and relax.
- 5) Use breathing exercises to help you relax.
- 6) Connect with people - A good support network of, friends and family can ease your work troubles and help you see things in a different way. And remember if you are struggling
- 7) Ask for Help - One of the most important lessons you can learn during college is to ask for and accept help. Whether from a friend or a tutor, or using one of the many support services that we offer. Being surrounded by a strong support system will help ease the transition into some of the best years of your life!