

## Does this sound like you?

- You feel overwhelmed by everything that you need to do
- You feel pressured by your friends to do things you wouldn't typically do
- You are skipping classes and struggling academically
- You put off assignments and cram for tests
- You have trouble sleeping because you are thinking about everything you need to do
- Making the transition to college has been difficult for you
- Personal problems make it hard to get things done
- Living with a roommate is hard
- You are reluctant to seek help, or you don't know where to go for help

## What is stress?

Stress is the way our minds and bodies react to situations in our lives. Stress is a natural part of life. Some stress is helpful, because it gives you extra energy to solve problems and reach goals. Too much stress or overreacting to situations can be harmful. It can contribute to physical problems, alcohol and drug abuse, irritability, difficulty with school, work, relationships, and even depression or anxiety.

## What types of stress do college students experience?

- Leaving home, friends and family
- Commuting to college
- Managing finances and having enough money for school, personal needs and fun
- Living with a roommate
- Having values tested
- Handling personal problems
- Being able to do the work required classes
- Juggling a busy schedule
- Deciding on a major and a future career

## How can college stress be handled?

- Learn to manage your time
- Recognize your limitations
- Don't give in to peer pressure
- Be optimistic
- Exercise and use relaxation techniques
- Eat right
- Get plenty of sleep
- Take time to relax
- Accept the things you can't change
- Talk to someone

## Can a counselor help me?

Sometimes it may seem like nothing can help you manage stress. If that is how you feel, don't hesitate to seek help. A counselor can talk to you about your concerns and will try to help you find solutions and ways to manage your concerns.