

## SO WHAT DO YOU DO?

1. Take a deep breath! Let go and LAUGH!!!
2. Manage Time
3. Connect with Others & Talk it Out
4. Take a "Minute" Vacation. Remove Yourself from the situation.
5. Monitor your Physical Comfort
6. Get Physical & Take Care of Your Body
7. Know Your Limits. Accept it by building your resistance or changing your perceptions.



Look for the **"Pieces of Gold"** around you:

Pieces of gold are positive or enjoyable moments or interactions. These may seem like small events but as these "pieces of gold" accumulate they can often provide a big lift to energy and spirits and help you begin to see things in a new, more balanced way!



*A Friendly greeting from a Lunch Lady*

*Someone you meet on campus who remembers your name and gives you a high-five!*

*Eating your favorite food at lunch or dinner*

*A puppy wagging its tail and loving its freedom*

*Someone holding the elevator or door for you*

*Mail in your mailbox*



*Bloomsburg University of PA  
Residence Life Office*



Bloomsburg University of PA  
*Residence Life Office*

**Residence Life**

**Student Leadership**

**Development Series**

# *Managing Stress*

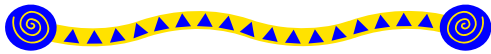


*"Don't sweat the small stuff...  
and it's all small stuff"  
- Richard Carlson*

# What is Stress?



Stress is the “wear and tear” our bodies experience as we adjust to our continually changing environment.



**Stress is a part of every student's daily life. You are not alone!**

Your personal stress requirements and the amount which you can tolerate before you become distressed varies with your life situation and your age. As a college student, the greatest sources of events you experience as stressful are likely to be relationships, academic and social situations, environment and life-style.

Leaving home or commuting daily, managing finances, living with room-mates and juggling a job, classes, and relationships all contribute to the normal stress of being at the University. It is also not uncommon for students to feel overwhelmed and anxious about wasting time, meeting high standards or being lonely.

In addition, stress can also come from exciting or positive events. Falling in love, preparing to study abroad, or buying a new car can be just as stressful as less happy events. It is crucial to recognize stressful situations, address them, and develop strategies to manage your stress.

## Intellectual Symptoms

“How Stress Affects Your Mind”

- Memory problems
- Difficulty making decisions
- Inability to concentrate; Confusion
- Seeing only the negative
- Repetitive or racing thoughts
- Poor judgment
- Loss of objectivity
- Desire to escape or run away



## Emotional Symptoms

“How Stress Can Make You Feel”

- Moody and hypersensitive
- Restlessness and anxiety
- Depression, anger and resentment
- Easily irritated and “on edge”
- Sense of being overwhelmed
- Lack of confidence; apathy
- Urge to laugh or cry at inappropriate times

## Physical Symptoms

“How Stress Affects Your Body”

- Headaches
- Digestive Problems
- Muscle Tension and pain
- Sleep Disturbances
- Fatigue; Asthma or Shortness of breath
- Chest Pain and Irregular Heartbeat
- High Blood Pressure
- Weight gain or loss
- Skin problems; Cold or sweaty hands
- Decreased sex drive



## Behavioral Symptoms

“How Stress Affects Your Behavior”

- Eating more or less
- Sleeping too little or too much
- Isolating yourself from others
- Neglecting your responsibilities
- Increasing alcohol, smoking or drug use
- Nervous habits (nail biting, teeth grinding, pacing, hair twirling, finger tapping, leg shaking)
- Overdoing activities such as exercising, re-hearsing, studying,
- Losing your temper
- Overreacting to unexpected problems

