

# How to Manage Your Stress

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# Attendance QR Code





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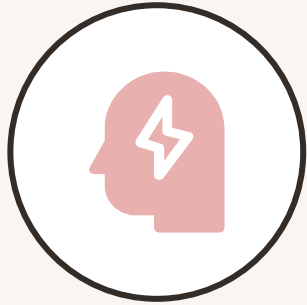
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01  
What is it?  
What  
causes it?



# Forms of Stress



**Acute  
Stress**



**Chronic  
Stress**



**Episodic Acute  
Stress**



# Symptoms of Stress

## Physical

- Sweating
- Increased heart rate/blood pressure
- Headaches
- Stomachaches

## Emotional

- Irritability/mood changes
- Anxiety
- Loneliness
- helplessness



# Symptoms of Stress

## Behavioral

- Change in eating habits (binge/reduced)
- Drug or alcohol abuse
- Erratic sleeping patterns

## Cognitive

- Memory loss
- Loss of concentration
- Dissociation

# Major Causes of Stress



## Coursework/Exams



- What probably comes to mind when considering this topic for many is our coursework which even if properly managed/organized, is very difficult. Such is the nature of higher education.

## New environment



- Specifically for my first years out there, being in a new environment such as college can be overwhelming due to the unfamiliarity of it. Whether that be living away from home for the first time or living with random people who are now suddenly your roommates.

## Social Life (FOMO)



- Maintaining a healthy balance between social life and their school work.
- Burn out and FOMO considerable phenomenon.
- FOMO: An individual feels enticed to engage in social activities or not they feel as if they are missing something valuable which can also result in stress.





# 02 Possible Health Conditions

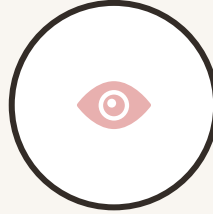





# Features of the topic



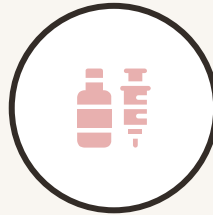
**Anxiety:** Stress can lead to the development of anxiety which can also possibly lead to the development of an anxiety disorder. A development Highly common among college students



**Sleep Disorders:**  According to the Anxiety and Depression Association of America, anxiety can cause or exacerbate sleep disorders and vice versa



**Depression:** Being stressed can leave you to be more susceptible to depression which stinks.



**Substance Misuse:** Many students turn to alcohol or drugs to manage their stress but this can lead to substance misuse. Which can destroy social relationships, funds, and mental wellbeing.





# 03 How to Manage Stress





# Managing Your Stress



- **Getting enough Sleep:** Adequate Sleep provides a number of health benefits including reducing stress and improving mood. Students who get more sleep have also been shown to be able to more easily recall things from their memory.
- **Eating Well:** Eating healthy can help to avoid things such as indigestion which is an unnecessary and completely avoidable source of stress. So maybe give it a second thought before you go to the Glen Mor Market for the 3rd night in a row.
- **Don't rely on stimulants:** Relying on stimulants to manage a poor sleep schedule is something that you should avoid as its continuous use will likely lead to a crash at some point. Along with this stimulants such as caffeine raise the cortisol levels in your body which can actually amplify the physical effects of stress previously mentioned.





# Managing Your Stress



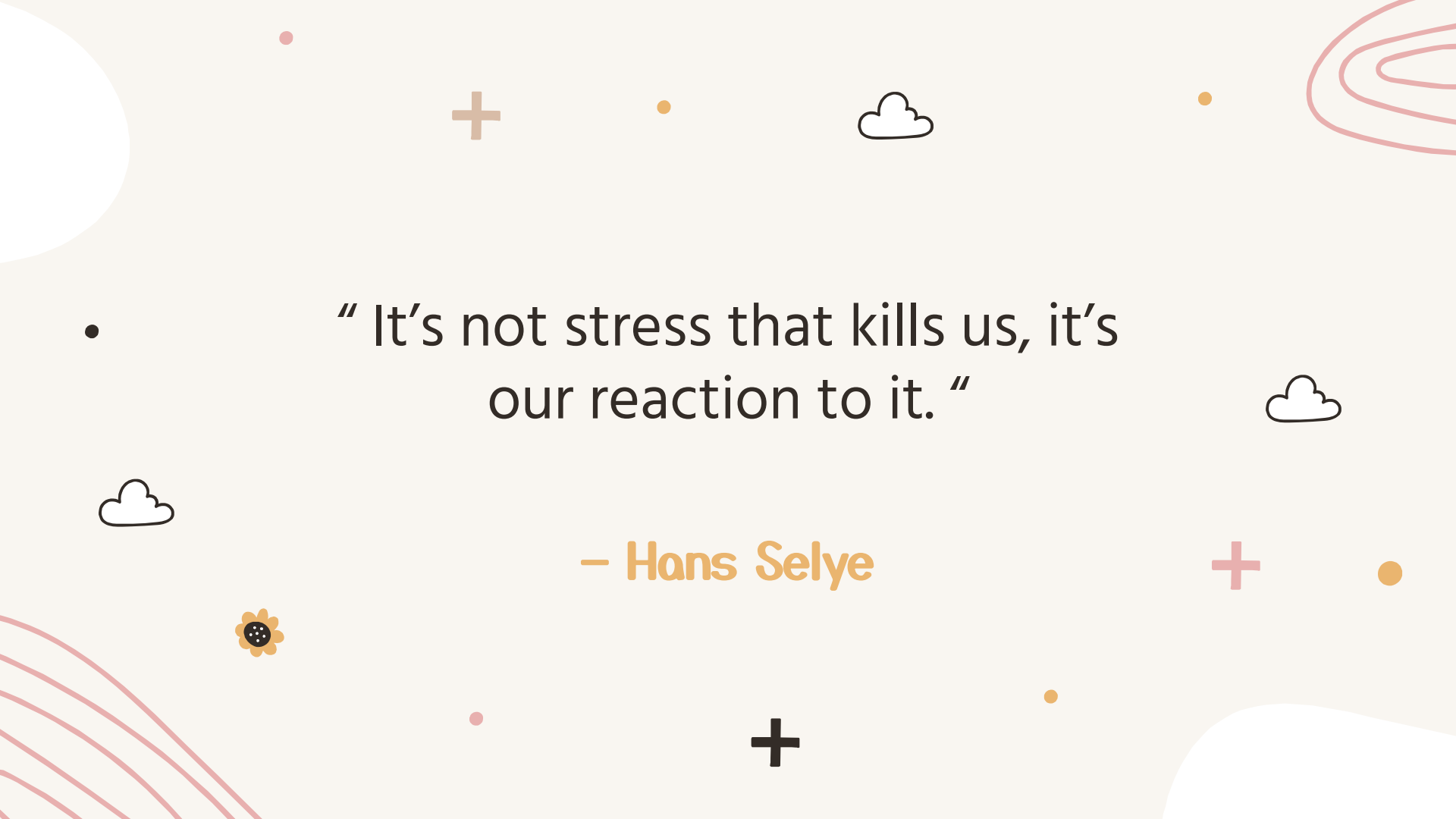
- **Set realistic expectations:**

College students tend to pile on too many responsibilities or difficult classes that can leave you overwhelmed. Only you know yourself and capabilities. Try to keep this in mind when setting goals or expectations for yourself.

- **Avoid procrastination:** Maintaining a disciplined schedule can help to reduce the practice of procrastination. Having a calendar or agenda can help people to break or refrain from procrastination.

- **Identify a stress outlet:** Stress seems like something that seldom can be done to avoid it in our competitive environment. Finding an outlet in which you can release this built up stress is **vital**. Whether it be working out, spending time with friends and family, or playing video games; taking part in activities such as these in moderation are great. Relaxation techniques such as deep breathing or concentration exercises can also prove effective in relieving stress.





• “ It’s not stress that kills us, it’s  
our reaction to it. ”

– Hans Selye

# Thanks!

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