

# STRESS

## What is Stress?

Experiencing stress while in college is normal. A moderate amount of stress can be a positive influence and even motivate you to be active and productive. Too much stress, however, may affect your mood and the ability to accomplish day-to-day responsibilities. Excessive stress that is not addressed can contribute to health problems, so it is important to recognize warning signs and to practice self-care.

### Physical Symptoms

- Nausea
- Headaches
- Dizziness
- Eye strain
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive

### Mood Symptoms

- Anxiety
- Irritability or anger
- Restlessness
- Difficulty Concentrating

### Behavioral Symptoms

- Social withdrawal
- Blaming
- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Sleep Problems

## What can I do?

Taking time to care for one's self is an important aspect of stress management. Below are some recommendations to help trigger the relaxation response, which can prevent chronic stress from affecting your health.

### Physical Self-Care

- Eat regular meals (don't rush through them)
- Eat healthy & drink water
- Exercise: walk, ride, hike, swim
- Get regular medical care
- Take time off when needed
- Do some sort of fun physical activity
- Take time away from cell phone
- Get enough sleep
- Reduce procrastination

### Psychological Self-Care

- Plan ahead
- Write in a journal
- Read for fun
- Try something new
- Be curious

### Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Be open to inspiration
- Be open to not knowing
- Meditate, pray, sing

### Emotional Self-Care

- Spend time with others you enjoy
- Stay in contact with people who are important to you
- Praise yourself
- Reread favorite books, review favorite movies
- Allow yourself to cry
- Seek out comforting activities and places
- Find things to make you laugh

### For support, contact

*University Health and Counseling Services: 262-472-1305, Ambrose Health Center, 710 Starin Road*

*After hours counseling (after 4:30PM M-F or on weekends): 800-365-1587*

*National Suicide Prevention Lifeline: 800-273-8255*