

## Common Stressors of College Students

- Homesickness/separation anxiety
- Questioning substance use, sex, values, social expectations
- Grades
- Homework/Projects
- Exams
- Time management
- Partying
- Finances
- Weather-related
- Drug and alcohol use
- Finding a job
- Relationships with family, friends, and boyfriends/girlfriends

## Ways to Cope with Stress

- **Deal with it** – if a person is stressing you out, try to either positively confront them about their negativity or avoid them, choosing to hang out with people who are positive and who support you; if it is a task, rethink how you approach that task and break it into manageable steps
- **Pace yourself** – Make priorities of what must be done now, what can wait, and what would be nice to do. You are not Superman! Good management of your time will do a lot to take away task-related stress. Also learn to say no. If you can't realistically do it and/or you don't want to do it, then don't
- **Learn to relax** – Take some time and figure out what you enjoy the most in life and make time to do it. If your idea of relaxation is to curl up and read a book, do it. If you like to veg in front of the TV, do it. Just find what helps you unwind and make it a part of your life
- **Exercise** – Stress causes muscles to tense. Exercise will help calm your muscles as well as provide a good “afterglow” by expending your energy
- **Learn to look at life differently** – That final grade isn't the end of the world. That argument that you had with your roommate isn't worth the breath that you let out yelling. Look at life as a series of challenges, not obstacles
- **Take care of your body** – Things look worse when your body is yelling at you. Make sure that you get at least 7 hours of sleep each night and eat nutritiously as much as you can
- **Make “you” time** – When you are making your weekly schedule, be sure to put in time for yourself. Even if it's just to enjoy that one favorite show on TV and a cup of hot chocolate, make sure that you are planning for time to make you happy
- **Ask for help** – If you are struggling to keep up, are in a stressful situation or relationship, know the people that you can turn to for advice and solace. Sometimes just “venting” can go a long way
- **Avoid substance use** – Getting high or drunk won't make the stress disappear – often, it creates more stress and drama! Make sure that when you party, you are doing it in moderation and for the right reasons