

## **Stress Management**

*It's Monday morning and you have been up all night studying for a Humanities exam you have later this afternoon. Your eyes are having trouble focusing and there is an odd buzzing in your ears. As you pour what must be your hundredth cup of coffee, your preschooler bursts into the room, ecstatic over the outfit she has chosen for today – red shirt, yellow skirt, blue socks (with sandals) and a bright pink bow in her hair. Despite your protestations, she screams louder and louder as you ask her to let you help her to pick out another outfit that matches “a little better.”*

*After your preschooler is safely at school (matching only a little better than when you first saw her this morning), you toss your notes into your bag and storm off to the library. As you pass the vending machines in the ITC building, you suddenly realize how incredibly hungry you are. When was the last time you ate, anyways? Hard to remember; sometime over the weekend, not counting the crusts from the toast your daughter had this morning. Crackers from the vending machine sound like a gourmet meal. But when you turn your pockets inside out the only thing to emerge is an old gum wrapper. Flat broke. Lunch will have to wait.*

*Almost two o'clock. The Humanities exam is history. You think you did okay; you are so tired that everything is starting to blur together. It was admittedly difficult trying to concentrate with your stomach growling through most of the exam. It's good that you can relax, now, and grab a bite to – wait a minute! How could you forget? You have an oral presentation in Speech class at three o'clock! Talk about lack of preparation – you are not even sure what the topic is supposed to be. Well, you have got an hour to come up with something.*

### **The Effects of Stress**

It's no secret that life can be very stressful, especially while you are in college. Rigorous coursework and congested schedules coupled with fears of failure cause all students to feel stressed at some point in their college careers. Pessimistic thoughts and unhappy feelings can also generate stress and contribute to its symptoms.

Stress is an adaptive mechanism through which the body attempts to protect itself in a threatening situation. A certain amount of stress is necessary in daily life; in fact, you must experience some minor degree of stress just to get going in the morning. Some studies suggest that up to a point stress can improve performance, and so is actually a good thing. Beyond that point, however, stress only makes things worse.

We are all familiar with the symptoms of stress: shortness of breath, upset stomach, heart palpitations and other physical responses. Happily, these symptoms usually go away when the cause of the stress is removed. When stress continues over a longer period of time, however, chronic effects may result: restlessness,

sleeplessness, recurrent headaches, lack of concentration, depressions, anxiety and a host of other problems that Augusta Technical College students know only too well.

Understanding the causes of stress can help you thwart its symptoms. It's therefore important for you to learn what your individual "stressors" are. The usual concerns that affect each of us – school, money, family, housing, the future, transitions and so forth – affect each of us differently and to different degrees. Learning to recognize your specific sources of stress can help you devise ways to cope with its effects.

Students sometimes unconsciously attempt to deal with stress in ways that are ultimately self-defeating. Putting off work that needs to be done is one example. Negative avoidance mechanisms such as this often create vicious cycles that are difficult to break. The trick is to fight stress with positive techniques.

## **Combating Stress**

So what can you do when you are feeling totally stressed out?

The secret of reducing stress is gaining control: the more in control you are of a situation, the less you are to find it stressful. You can acquire better control of your life in many small but significant ways:

- Before registering for a class that may turn out to be a killer, for instance, talk with someone who's already been through it so that you will better know what to expect.
- Maybe you are finding yourself lost in a particular class. Ask the instructor for detailed feedback on your performance so that you can get a better idea of the problems you need to address and how best to tackle them.
- Tensions in personal relationships can sometimes be reduced through simple discussion. Talk to your family about issues around the home before emotions get out of control.

## **Stress Management Methods**

Here are a few specific techniques you should try whenever you are feeling particularly stressed:

### **Calm down**

The best way to manage stress is to replace it with something that is incompatible with it. Rent a video, take a walk through the park, or color with your toddler. Listening to soothing music is always a calming experience. Many books and other

materials are available that instruct you on meditation, progressive relaxation and other anti-stress techniques; locate these materials and learn from them.

### **Think positively**

You would be surprised at how much influence thinking has over one's life. We often undermine ourselves with negative thoughts. A positive attitude dramatically improves all aspects of your life.

### **Talk things over**

Sharing your feelings with family, friends and fellow students can help dramatically. You may be surprised and relieved to find that others are feeling pressures similar to yours.

### **Sleep well**

Try to get at least six hours of sleep each night. You will be at your best both mentally and physically when you are well-rested.

### **Eat right**

Try to follow a balanced diet. Limiting your intake of alcohol and caffeine will help you maintain a more relaxed mental state.

### **Exercise**

Even regular short walks can be enormously beneficial to your mental outlook.

### **Set attainable goals and reach them**

Control your environment rather than be controlled by it. Checking off items on a to-do list can be a boost to your well-being.

### **Enjoy life**

What are you working so hard for, if not to better enjoy life? Strive for balance between work and relaxation. Though of course you must set limits to your recreational activities, remember to spend time with your family and friends.

(adapted from the Academic Development, [Carnegie Mellon University](#) website)