

## Stress Management Strategies

Here are some practical strategies for coping with the day-to-day stress of being a college student:

- **Eat right.** The healthier you are, the stronger you are- and the more able you will be to weather through situations like all-nighters, illnesses, and challenging academic work. Try to eat a balanced, low-fat diet and avoid overloading on junk food.
- **Exercise.** Physical exercise will help you manage your stress. Find a type of exercise you like and make it a regular part of your life.
- **Get sleep.** Avoid the system wide dysfunction that sleep deprivation can create. Figure out how much sleep you need and do your best to get it. When you pull an all-nighter, make sure you play catch-up over the next couple of days.
- **Think positively.** Try to think of all you have to do as challenges, not problems.
- **Seek balance.** A balanced life includes time by yourself- for your thoughts, hopes, and plans- and time for relaxation, in whatever form you choose.
- **Address issues.** Try not to let things lie too long. Analyze stressful situations and use problem-solving strategies to decide on a specific plan of action.
- **Set boundaries and learn to say no.** Try to delegate. Review obligations regularly; if you evaluate that something has become a burden, then consider dropping it from your roster of activities.
- **Surround yourself with people who are good for you.** Focus on friends who are good listeners and who will support you when things get rough. Friendships and humor go a long way towards reducing stress.

For more tips on how to manage stress in college, visit:

[http://stress.about.com/od/studentstress/ss/college\\_stress.htm](http://stress.about.com/od/studentstress/ss/college_stress.htm)

