



## How to Address Your Stress

College life can be stressful. Stress appears in a variety of ways from challenging coursework to managing roommate relationships. Recognizing what stresses you out is the first step to managing stress in a positive and productive way.

### Facts about stress:

- Stress and anxiety are different: Stress is how your body responds to a threatening or challenging situation. Anxiety is a reaction to the stress.
- There are two types of stress: External triggers, like getting a bad grade or a disagreement with a friend. Internal triggers, like placing high expectations on yourself or fear of public speaking.
- Stress can be good for you: It can be that extra pressure to complete an assignment by the deadline.
- Excessive stress can be a problem for your emotional and physical health: When stress becomes too much, it can limit your ability to function at your best.

### Signs of too much stress:

- Difficulty concentrating
- Increased worrying
- Trouble completing assignments on time
- Not going to class
- Short temper or increased agitation
- Tension
- Headaches
- Tight muscles
- Rapid heart rate
- Unexpected changes in heart rate
- Changes in eating habits (e.g. "stress eating" or eating too little)
- Changes in sleeping habits

### What you can do right now:

- Take a few deep breaths. Breathing in more oxygen helps reduce your heart rate and relax your body.
- Limit alcohol and caffeinated beverages. These can make you more tense or nervous. Drink flavored water or non-caffeinated tea.
- Learn your triggers. Is it school, work, family, or social life? Knowing what stresses us the most is the best way to identify solutions.
- Accept that you cannot control everything.
- Exercise. Any form of exercise, from walking to yoga, can help boost your mood.
- Get some sleep. Don't let lack of ZZZs get you down. Prioritize sleep daily.
- Be kind to yourself. Nobody is perfect.
- Seek help when needed.

### TUPHE FEATURE

## Should I Come Out To Family During Holidays?

*Hey TUPHEs! I'm freshman and recently came out to my friends at Tulane. They've been very supportive, but I'm nervous to go home for the holidays because I haven't come out to anyone there. I don't know if I should come out to them now or later or how they'll react. I get anxiety over living a double-life, so I want to tell them, but I am so nervous they won't be supportive. I don't want to ruin the holidays if I do come out.*

This is a real issue and your emotions are valid. Many students feel their experiences as a freshman make them more comfortable coming out in college. We are very happy to hear that you have accepting friends at Tulane! Our advice is that there is no right or wrong way to handle this. Coming out is deeply personal and emotional for all involved. Simply do what you feel is best for you. If you would like to come out over break but are nervous, you can choose to have the conversation towards the end of break. This way you will be heading back to your supportive environment sooner rather than later. It may also be beneficial for you to tell a supportive friend from Tulane your plan, so you can call if you need support or a safe space to debrief. If you are too nervous, feel unsafe, or are just too uncomfortable to come out at home, then wait. Rely on your friends at Tulane and make sure you remember that they accept and love you.

If you feel like living a half-out life is too anxiety-inducing, tell your family. The freedom of living an authentic, honest life is in many cases more rewarding than trying to avoid any negative feedback from friends or family. Do what is best for you. If you need support in any way, please be in contact with your friends from Tulane. The Office of Gender and Sexual Diversity, Gender Exploration Society, Queer Student Alliance, and other organizations on campus would love to provide support if you need it.

## live well Highlights



### Celebrate Mental Health Arts and Music Festival

Nov. 9 | 10 a.m. to 1 p.m. | Newcomb Quad  
Celebrate and destigmatize mental health with live performances, art, activities, giveaways, and workshops! Follow @nami\_on\_campus\_tulane for more info.



### Mo-Men-Tum: Changing the Landscape of Modern Masculinity with Tim Mousseau

Nov. 13 | 7 to 8 p.m. | Freeman Auditorium  
Using stories grounded in personal experiences, Mousseau guides conversations that will leave students inspired to combat sexual violence, redefine masculinity, and provoke change. For more information, please visit [allin.tulane.edu/events](http://allin.tulane.edu/events).