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.

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.