

Stress Management

Reducing and managing stress can restore balance to your life, making your time at work and home more positive and rewarding. For more help, contact your Student Counseling Center. Counselors are available to help you learn to manage stress.

3 Phases...

- Stress Reduction*
- Stress Management*
- Coping with Stress*

First: Reducing Stress

This is accomplished by 1) decreasing the number of stressors in our lives and 2) changing the way we process the stressors internally.

Second: Managing Stress

We practice stress management by manipulating the stressors in our lives to bring them under control. Time management, listing-making and prioritization are key aspects of stress management.

Third: Coping with Stress

When we have reduced the number of stressors in our life as much as possible and prioritized our lives through stress management, we must learn to cope with what is left of our stress.

If the first two steps are properly handled, coping with stress is very helpful in attaining the joy and peace of a rich, fulfilling life.



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Indiana State
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Wellness Tips

Recognizing And Managing Stress

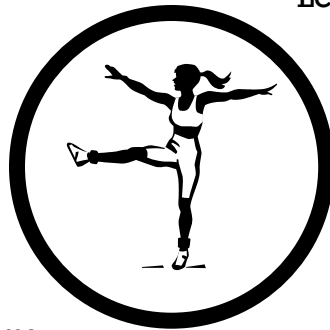


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Recognizing and Managing Stress

Stress is a physical or mental reaction to demanding situations. A certain amount of daily stress is normal and necessary. However, ongoing or excessive stress, either positive or negative, can result in fatigue, burnout and even depression. This brochure indicates some of the symptoms of stress and offers tips to help you manage stress in your life.



Symptom of Stress

Learning to recognize the symptoms is the first step in effectively managing stress. Some signals that will alert you to excessive stress include:

- ◇ Difficulty sleeping
- ◇ Decreased satisfaction with tasks
- ◇ Constant feeling of urgency, tension headaches, stomachaches or other



Managing Stress

A number of techniques can assist you in reducing stress. We recommend that you experiment with the following methods and use those that are most effective for you:

Task care of yourself. Eating healthy foods and getting plenty of rest will help you maintain your body's resistance to the physical symptoms of stress.

Identify the messages you give yourself. Focus on what you can do rather than your limitations. Be positive.

Manage your time. Take charge of your day by scheduling your time and focusing on your goals. Create a list of tasks to accomplish. Be sure to cross items off your list as they are accomplished.

Try deep muscle relaxation. Start by tensing your shoulders for about 10 seconds. Slowly release the tension and you will begin to feel your muscles relax. Try this exercise for all major muscle areas.



Make time for fun. Take a break from your normal routine during the day to ease tension. Physical exercise or just a change of scenery, such as an evening at the movies, can help you relax.

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