

# STRESS MANAGEMENT

## FOR COLLEGE STUDENTS



### IDENTIFY WHAT IS CAUSING YOUR STRESS

Take time to sit and think about what is happening that could make your stress levels worse. Once you figure out what is causing your stress, this is the first step to addressing it most effectively (The Learning Center, University of North Carolina at Chapel Hill, n.d.).



### REDUCE STRESSORS

Not all things that cause you stress can be eliminated or reduced, but reducing the ones that can be is the next step to tackling stress. Some common stressors that can be reduced that you may not realize are causing stress include reducing screen time and overuse of substances (JED Foundation, n.d.).



### USE PROBLEM SOLVING TECHNIQUES

Instead of getting stuck in the trap of negative thinking patterns, use problem solving to focus on stress areas you can control. Creating goals focusing on what you can control helps you to be more productive and not waste your energy on stressors that are out of your hands (The Learning Center, University of North Carolina at Chapel Hill, n.d.). Developing new or using existing coping mechanisms can be a great way to solve problems relating to stress.



### GIVE YOURSELF A BREAK

This involves practicing self-compassion, reframing, and letting go of perfectionism. Self-compassion is a process in which you are kind to yourself like you are to others. Reframing entails giving yourself credit for what you have accomplished. Instead of seeing mistakes only for what you may have messed up on, look at mistakes as an opportunity to do better the next time (Cornell Health, 2023). Letting go of perfectionism means knowing and accepting that you are not going to make a 100%, or even an A, on every single test or assignment.

Cornell Health. (2023). *Stress management*. <https://health.cornell.edu/sites/health/files/pdf-library/stress-management.pdf>

JED Foundation. (n.d.) *Understanding academic stress in college*. [https://jedfoundation.org/resource/understanding-academic-stress/?gad\\_source=1&gclid=CjwKCAjw4ri0BhAvEiwA8oo6F7SyaIPIMNfvktRZ\\_ID.y182V3M15czd68qkKcm\\_sj6MqjQdc45PBBocCVugQAvD\\_BwE](https://jedfoundation.org/resource/understanding-academic-stress/?gad_source=1&gclid=CjwKCAjw4ri0BhAvEiwA8oo6F7SyaIPIMNfvktRZ_ID.y182V3M15czd68qkKcm_sj6MqjQdc45PBBocCVugQAvD_BwE)

The Learning Center, University of North Carolina at Chapel Hill (n.d.). *College Stress*. <https://learningcenter.unc.edu/tips-and-tools/managing-college-stress/>