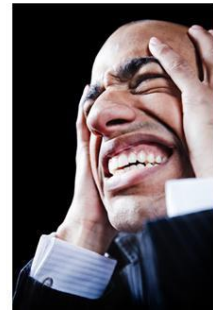


# Stress Management



*Primary Source:* Kanar, C. C. (2008). Student achievement series: The confident student, (6<sup>th</sup> Ed). New York, NY: Houghton Mifflin Company.

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## Stress

### What is Stress?

- Some stress won't hurt you. You should expect to experience some stress now and then. It is perfectly normal to feel anxiety before speaking in front of a class or before taking an exam.
- Real **Stress** is unrelieved anxiety that persists over a long period of time and interferes with normal functioning.
- Stress is especially harmful if you are unable to manage it.
- Unrelieved stress can weaken you physically and make you vulnerable to sickness.
- Unrelieved stress can impair your ability to think clearly so that your performance in class and at work suffers.

### What are the common symptoms of stress?

There are many warning signs that can tell you if your stress is getting out of control. The more of these symptoms that you have, the more likely it is that you need to learn strategies for coping with your stress.

- Depression
- Difficulty falling asleep
- Extreme tiredness, falling asleep
- Feelings of anger or resentment
- Frequent absence from work or class
- Impatience
- Inability to concentrate
- Loss of pleasure in life
- Increase or decrease in appetite
- Muscular aches for no apparent reason
- Stomach or intestinal disturbances
- Sweaty palms
- Tension headaches
- Test anxiety

# Managing Stress

## Stress Beaters

It is important that you find ways to manage your stress so that you can reach your goals and enjoy yourself in the process.

### 1. Be realistic.

- You know what you can and cannot do. Don't waste your time and energy worrying about those things that you cannot control. Use your energy to focus on those things that you have the power to change.

### 2. Exercise tensions away.

- When you are stressed your muscles tense up involuntarily. Exercise has a natural calming effect that is accompanied by a positive feeling.

### 3. Ask for help.

- Some problems may be more than you can handle by yourself, so you may need to seek appropriate help or advice.
- Often we worry needlessly and cause even more stress by living with problems we think are unsolvable when asking for help might bring a solution.

### 4. Learn to deal with negative people.

- People who display negative attitudes can make you in turn experience negative feelings that add to your stress.
- If you can eliminate negative people from your life, do so. If they are family or friends, try to talk to them about their negativity.

### 5. Lose yourself in activity.

- When you are under stress, engage in some activity that causes you to lose all track of time.
- In those moments you can forget about your stress and experience positive, calming feelings.

### 6. Make a wish list.

- Make a list of all the things you would do if you had the time. When your stress reaches a point where you cannot handle it, do one of the things on your list.

### 7. Help someone else.

- Doing something for someone else can make you feel good and can help take your mind off your worries.

- Take the time to help a friend or volunteer with a community organization.
8. HeartMath: Some counselors in the BMCC Counseling Center have been trained to help students manage stress through breathing techniques utilizing a specialized software program called HeartMath. Ask your counselor for more information on this.

### **Helpful Websites:**

<http://www.webmd.com/balance/stress-management/stress-management-topic-overview>  
[http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)  
<http://www.youtube.com/watch?v=hnpQrMqDoqE>