



Stress Busters

❖ **Become Aware of Your Stressors**

- Deadlines
- Family
- Competition
- Time management
- Class/work/study workload
- Unrealistic expectations
- Relationship problems
- Social problems
- Situational changes
- Emotional changes

❖ **Be Realistic**

- Know what you reasonably can and cannot do
- Know what is within your power to change
- Do not worry about matters outside of your control

❖ **Exercise**

- Walking, running, playing ball, and working out have a calming affect on stress

❖ **Learn to Say No**

- De-obligate yourself from extra responsibilities to gain control over your feelings of being overwhelmed and overworked

❖ **Ask for Help**

- Sometimes problems look a lot worse until you talk them out and get others' perspectives
- You can talk to roommates and friends or to professors, counselors on campus, or your academic advisor

❖ **Treat Yourself**

- Do something nice for yourself to make you feel good

❖ **Get Your Life in Order**

- Organize your school schedule
- Clean up your room
- Develop an effective time management system so you waste less time

❖ **Make a Wish List**

- List things you would like to do if you had the time
- When stress becomes too much, do one of the items on your list

❖ **Help Someone Else**

- Helping someone else with a problem makes you forget your own problems and makes you feel good

❖ **Relaxation Techniques**

- Use deep breathing exercises
- Use outline of relaxation induction

❖ **Have Good Eating Habits**

❖ **Use Positive Thinking**

❖ **Rehearse Upcoming Problem Situations**

❖ **Create a Balanced Lifestyle**