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