Reducing College Stress

Hampton University
Student Success Center
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Learning Objectives

- Learn the characteristics and symptoms of stress
- Learn the 4 primary sources of stress
- Learn some common stressors that affect all college students
- Learn a lower stress lifestyle that will give you a better chance of achieving higher academic success
Mental Health Concerns of College Students

Top Three (3)

- **1. Anxiety**
  (a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome)

- **2. Depression**
  (Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person’s ability to function at work and at home)

- **3. Stress**
What is Stress?

- Pressure perceived to be from the outside that can make you feel tense inside.
- The rate of wear & tear on the body.
- The nonspecific response of the body to any demand made upon it.
- It’s the way your mind and body react to any new, threatening or exciting situation.
- “It’s what you feel when there’s just too much going on!”
Stress Statistics for College Students

- At Yale, more than 50% of undergraduates seek care at the college’s mental health counseling service. Across college campuses, the use of mental health services is rising sharply.
- In a 2017 survey of nearly 48,000 college students, 64% said they had felt “very lonely” in the previous 12 months,
- According to the 2017 annual report by Penn State University’s Center for Collegiate Mental Health, the incidence of depression and anxiety (the most common concerns for college students) has risen in frequency
What stresses you the most?
Sources of Stress among college students…

- Grades
- Career Choice
- Time
- Money
- Relationships
- Leaving Home
The cost is expected to increase.
On a Scale of 1 to 10, How stressed are you?

1 = lowest level
10 = highest level
Good Stress vs. Bad Stress

Eustress = Positive stress
Ex: Planning and preparing to go home for a holiday

Distress = Negative stress
Ex: Failing a test or major class
FOUR

PRIMARY

SOURCES

of

STRESS
1. ENVIRONMENT

Noise
Pollution
Traffic
Crowding
Weather
2. PHYSIOLOGICAL

Illness
Injuries
Hormonal Fluctuations
Inadequate Sleep
Nutrition
3. YOUR THOUGHTS

The way you think affects how you respond:

- Negative Talk
- Catastrophizing
- Perfectionism
4. SOCIAL STRESSORS

Exams
Financial Problems
Social Events
Roommate Issues
Relationships
Physical Symptoms of Stress

- Allergies
- Change in appetite
- Back pain
- Chest pain
- Breathlessness
- Clammy hands
- Dizziness
- Fatigue
- Racing heartbeat
- Muscle tension
- Restlessness
- Rashes
- Sleeping problems
- Stomach aches
- High blood pressure
- Nightmares
Behavioral Symptoms of Stress

- Neglecting appearance
- Arguing
- Avoiding tasks and responsibilities
- Difficulty concentrating
- Being late to work
- Overeating
- Snapping at people
- Increasing use of alcohol or other drugs
- Crying easily
- Watching more TV
- Withdrawing from family and friends
Emotional Symptoms of Stress

- Anger
- Anxiety
- Denial of a problem
- Depression
- Difficulty making decisions
- Loneliness
- Nervousness
- Feeling powerless
- Feeling unhappy for no reason
- Being easily upset
- Worrying frequently
- Feeling trapped
Events do not cause stress. Stress is caused by our beliefs about the events.
How can I manage my stress?
NO!!!
Personalized Stress Management Plan

- Slow Down
- Keep Calm
- Be Positive
- Take it Easy
- Unplug
- Enjoy Life
- Have Fun
- Breathe
- Relax
- Go Outside
- Meditate
Let's Start TODAY!

Good PERSONAL HABITS are ESSENTIAL for STRESS MANAGEMENT
Relaxation Techniques

- Mindfulness: Sitting quietly for 15 minutes, with no interruptions. Let yourself focus on something peaceful! Example…A beautiful scene at the beach or in the mountains.

- Exercise regularly, listen to music, chat with a friend, go for a walk or jog!

- Breath deeply…5 to 10 long inhales & exhales will work wonders for stress!

- Develop your sense of well being & spirituality.
Watch what you EAT!

- Eat a BALANCED, nutritious diet with something from all of the 6 essential food groups

- Minimize sugar, fats, caffeine and alcohol
REMEMBER

- A HEALTHY & BALANCED DIET will help your BODY & MIND perform at their Peak Performance LEVELS!
Slow It Down!

Quit rushing and hurrying from one activity to another, always racing with the clock and never getting on top of things!
BALANCE your LIFE

The right balance of sleep, food, exercise, homework & classes, social activities and recreation is CRUCIAL!
Can’t seem to control your stress and you need someone to talk to???

Make an appointment at the HU Student Counseling Center for assistance! We can HELP!

757-727-5617
Let’s Sum it All Up!
Six Rs for Reducing College Stress

#1 = RESPONSIBILITY

- You are in control!
- Establish priorities and take one thing at a time
- Keep it simple
Six Rs for Reducing College Stress

#2 = REFLECTION

- Know your stress triggers
- Be aware of stress symptoms
- Check your work balance in life
Six Rs for Reducing College Stress

#3 = RELAXATION

- Do something good for yourself
- Schedule “worry time” during your day for a few minutes and if it isn’t during that time, don’t worry about it!
- Schedule time out including unplugging from your phone and other electronics
Six Rs for Reducing College Stress

#4 = RELATIONSHIPS

- Maintain supportive relationships where you can talk about what is stressing you
- Manage your relationships and avoid negative people
- Improve your relationship with yourself
Six Rs for Reducing College Stress

#5 = REFUEL

- Eat a balanced diet and drink plenty of water
- Be aware of foods that exacerbate stress: caffeine, fats, nicotine, fast food
- Exercise regularly - even just a short walk for 20 minutes
Six Rs for Reducing College Stress

#6 = RECREATION

- Laugh and love and enjoy the moment
- Learn how to have fun with your family
- Enjoy your life and treat others the way you want to be treated
QUESTIONS?
Thank you for attending this Student Success Center Workshop
References

- https://artandhealing.org/campus-loneliness-fact-sheet/?gclid=EAIaIQobChMInMjWuZzW5QIVDoeGCh21Gg1-EAAYAiAAEgK1hfD_BwE