De-stress for Success!

See stress as your friend: Stress is often thought of as negative but it can also be positive. Stress can help you complete projects and get work done in a timely manner. Differentiate between stress that works for you and stress that doesn’t.

Focus on what you can control, not what you can’t control: Alter what you can control, accept what you can not control; have the wisdom to know the difference.

Accept and meet physical and psychological needs for exercise, rest, good nutrition, and recreation: Practice self-care techniques and attempt to nurture and nourish your body as well as your mind.

Develop good, warm, supportive relationships: A sense that one is not alone helps deal with stress. It is important not to keep your feelings in. Do not use a time of severe stress to isolate yourself.

Humor and laughter help: No matter how stressful things can be, do not forget to laugh or use your sense of humor; it can help get you through!

Seek professional help: All too often, people feel it is a sign of weakness to seek counseling when they are over-stressed. However, it actually shows strength and courage to realize that help is needed. Getting help on dealing with uncertainty can make a time of change and stress a very positive experience.

The reason most people never reach their goals is that they don’t define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.

Denis Watley

If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings.

Susan Polis Schultz

The person who will not execute his resolutions when they are fresh upon them can have no hope for them there afterwards; they will be dissipated, lost and perish in the hurry and scurry of the world, or sunk in the slough of indolence.

Marie Edgeworth

Aquinas College
Career and Counseling Center
1607 Robinson Road, S.E.
Grand Rapids, MI. 49506-1799
(616) 632-2905

Welcome Back AQ students!
Your guide to a fresh start and a happy and healthy year starts here!

Brought to you by Aquinas College’s Career and Counseling Center:
(616) 632-2905
New Year's Resolution Ideas For College Students

1.) Get an extra hour of sleep each night
2.) Spend 10 minutes each evening straightening up your room
3.) Keep up with the news
4.) Spend a little less time watching TV
5.) Spend a little less time on myspace and/or facebook
6.) Cutting down on drinking
7.) Call home more often
8.) Do your laundry before it piles up on the floor
9.) Avoid drama and be kind to your friends
10.) Recycle
11.) Attend class more often
12.) Volunteer more
13.) Eat breakfast everyday
14.) If you're religious, spend more time observing
15.) Stop comparing yourself to other students who you think are smarter and/or more attractive than you
16.) Volunteer more
17.) Refuse to get involved in relationships that are not good for you
18.) Cut your "fun" spending money by 25%
19.) Floss everyday
20.) Spend at least 20 minutes a day, 3 days a week engaged in physical activity.

Tips on how to achieve your resolutions:

⇒ Give your resolutions some serious thought: Convince yourself that you really mean business by taking the time to write down and think about your resolutions. Outline why you want to change your behavior, how you will determine if you are successful, what strategies it might take to get there, and a realistic timeline to achieve.

⇒ Be specific about your resolutions: For example, "getting healthy" is too broad. You have to identify what getting healthy means to you (i.e., lowering blood pressure, lowering cholesterol). The more specific you are the easier it will be to determine your success.

⇒ Reduce the number of items on your list: Once you outline your list, go over them and prioritize what ones are the most important.

⇒ Tell someone: By notifying someone of your plans you feel that you are being held accountable to your word.

⇒ Visualize what achieving the goal will mean for you: Ask yourself: What will this achievement feel like? How will my life unfold differently as a result?

⇒ Don't beat yourself up: Obsessing over a "slip" will not help you achieve your goal.

Quick New Year's Resolutions Facts from About.com:

* 63% of people say they are keeping their resolutions after 2 months.
* 67% of people make 3 or more resolutions

Top 4 resolutions:
1.) Increase exercise
2.) Be more conscientious about work and/or school
3.) Develop better eating habits
4.) Stop smoking, drinking, or using drugs (including caffeine)