

WHAT CAUSES STRESS?

Attitudes: Negative, critical, or fearful attitudes about yourself or others

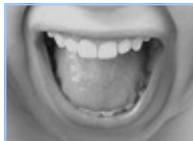
Change: Both good and bad change can cause stress. Going from regular classes to exam week can be a big and stressful change

Exercise: Being unfit decreases blood flow and lung capacity causing tension and shortness of breath

Nutrition: Poor diet leads to a distressed body and mind

Self-worth: Accept imperfection, failures, and mistakes in yourself

and others. Our self-worth should not be dependent upon success, achievements, or the opinions of others.



SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference



CAREER AND COUNSELING SERVICES

Lower level of the Donnelly Center

Phone: 616-632-2905

<http://www.aquinas.edu/ccs/counseling/>

CAREER AND COUNSELING SERVICES

De-stress for Success!

Exams are just around the corner, feeling stressed?



Tel: 616-632-2905

What is stress?

Stress is defined as any change that we have to adapt to. Just as getting new glasses causes stress to our eyes, so change in our world causes stress in our mind and body. Stress is experienced by everyone who is living and breathing and is especially experienced by college students before and during exams week. Stress ranges in intensity from mild to severe. During exam week it is important to keep our stress in check, letting it get out of hand can cause a lot of problems for your body, mind, and grades!

Managing Stress

Body:

- Eat healthy (grab a salad or some fruit with your meals) and avoid bringing junk food into your dorm room
- Aerobic exercise can reduce anxiety by up to 50%



- Get some sleep!
- Reduce the amount of caffeine you're drinking because it will keep you awake and make you jittery and nervous
- Alcohol and drugs make it worse, not better

Mind:

- If you have a lot of stressors (papers, exams, relationships, etc.), prioritize your time
- Set up a time management schedule
- Break large tasks up into small manageable pieces and do one at a time
- Do what *needs* to be done first,

leave the rest for tomorrow

- Identify your goals and work toward them
- Take direct action when stress arises by identifying your needs and getting help from friends, family, counseling services, your spiritual leader, or your professors
- Acknowledge your thoughts and feelings about the stressors in your life
- Develop a support network to rely on when you're really stressed
- Remember to be kind to yourself and don't dwell on the "shoulds"

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If you have any questions or concerns please visit us in the lower level of the Donnelly Center. You can set up an appointment to talk or come in during walk-in hours weekdays from 2 to 3.

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