

Analysis on Stress Management: College Students

Gloria Barsoum

SYMPTOMS OF STRESS IN COLLEGE STUDENTS:

Stress manifests in an individual's everyday life

Symptoms Include:

- Overthinking
- Losing appetite
- Losing sleep
- Daily routine is disrupted for a long period of time

(Libraries, 2021)



(The Village, 2021)

STRESSORS

Certain Life events usually trigger significant stress in individuals; it is important to identify triggers in order to avoid continuous stress.

Examples of Stressors:

- Serious illness or injury
- Serious illness, injury, or death of a family member or loved one
- Losing a job or sudden financial catastrophe
- Unwanted pregnancy
- Divorce or ending a long-term relationship (including parents' divorce)
- Being arrested or convicted of a crime
- Being put on academic probation or suspended

(Libraries, 2021)

(Pexels, 2021)



The Impact Of Chronic Stress

Chronic Stress can lead to many physical changes and illnesses in an individual such as:

- Weakened immune system
- Frequent Digestive problems
- Elevated blood pressure
- Increased risk of diabetes
- Muscle and back pain
- Frequent Headaches, fatigue, and insomnia
- Greater risk of heart attack and other cardiovascular problems



(Libraries, 2021)

(Pexels, 2021)

STRESS MANAGEMENT TECHNIQUE: 1

Get Some Exercise

- Aerobic exercise, is a great way to help reduce stress because; exercise increases the production of certain hormones that relieve stress.
- This leads to a better mood and helps you overcome depression and anxiety.
- Exercise also helps you feel more energetic and focused which leads to more productivity in your work and studies making you less likely to be stressed.



(Libraries, 2021)

(Pexels, 2021)

STRESS MANAGEMENT TECHNIQUE: 2

Use Relaxation Techniques

- Different relaxation techniques such as deep breathing, mediation, yoga, and etc. can be used to help minimize stress.



(Pexels, 2021)

STRESS MANAGEMENT TECHNIQUE: 3

Counseling

- If stress is persistently disrupting your studies or life regardless of your attempt to reduce it, you may need help.
- Don't ignore this, there is no shame in admitting that you need help.
- College Counselors and health professionals are always available and are there to help!



(Libraries, 2021)

(Pexels, 2021)

References

- University Of Minnesota Libraries.(2015, Dec. 4). *College Success*. open.lib.umn.edu/collegesuccess/chapter/10-5-stress/.
<https://open.lib.umn.edu/collegesuccess/chapter/10-5-stress/>
- O'connor, Anahad. (2019, Oct. 8). *Stress Can Make You Sick. Take Steps to Reduce It*. The New York Times. www.nytimes.com/2019/10/08/well/mind/stress-can-make-you-sick-take-steps-to-reduce-it.html.
- The Village Family Service Center. (2017-2021). *Stress and Stress Relief* www.thevillagefamily.org/content/stress-and-stress-relief.
- Pexels. (2021). *Free Stock Photos*. www.pexels.com/.