

# Coping With Stress

**Student Counselling Unit**

*Mental Health Awareness Series*

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## What is Stress?

- Stress is a reaction to situations we may find difficult, or threatening.
- It is any kind of change that results in physical, emotional or psychological strain.
- Stress is a natural response, and it is the body's way of reacting to anything that requires attention or action.
- We all experience stress to some degree. It can even be helpful. Ultimately, it is the way that we react to stress which makes a difference to our well-being.

## Maintaining A Healthy Lifestyle

- Keep a balance between work and rest.
- Get a good night's sleep.
- Try to exercise and stay active.
- Take regular study breaks.
- Find relaxing things to do.
- Make sure to eat healthily.
- Always stay hydrated.

## How To Identify Stress

Symptoms can include:

- difficulty sleeping,
- reduced energy,
- feeling restless,
- difficulty with everyday tasks,
- feeling irritable, or easily angered,
- unusual muscle or chest pains,
- stomach or digestive problems.

## Managing Stress

- Be kind to yourself.
- Don't leave things to the last minute.
- Make time to relax.
- Reach out to others if you're struggling.
- Make use of peer support.
- Identify why you're struggling.
- Stay connected with friends and loved ones.
- Make use of institutional support services.

