

# Stress Management

Any change in your life can be stressful and starting college is no exception. Students report that stress is the biggest obstacle to academic success, so learning to manage it is important.

- Exercise is a great way to burn off the chemicals that cause the stress response.
- Getting enough sleep and eating well help your body handle it as well.
- Talking to roommates, friends, RAs, or counselors can help you find solutions to common problems.
- Your attitude plays a major role in how stressful college life will be for you.

Those who believe they must perform perfectly in all situations, experience a great deal of stress. If you are taking courses you truly enjoy, there will be less stress involved. Be sure that your academic and career decisions are based on your needs and desires and not the expectations of others.

## Resources

- Center for Prevention and Outreach Health Education Office: (631) 632-6689
- Counseling and Psychological Services Meditation Groups: (631) 632-6720
- Campus Recreation: (631) 632-7168