

Stress Management

What is Stress?

Stress is a feeling of emotional or physical tension that is caused by any event or thought that makes one feel frustrated, angry, or nervous. Stress is a natural reaction your body has when faced with a challenge or demand.

- ★ **Acute Stress:** Short-term stress that is relieved quickly. Acute stress helps you manage dangerous situations and situations that may be new or exciting. All people will experience acute stress.
- ★ **Chronic Stress:** This is stress that lasts for more than a week or months. Those with chronic stress may become unaware they are even experiencing stress, which can result in health problems.



Signs and Symptoms that you may be experiencing stress:

- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Sexual problems
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain
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Managing School-Life Stress:

School stress impacts students of all ages and backgrounds. Stress can take a significant toll on a student's health, happiness, and grades if not dealt with correctly.

Common Causes of Student Stress:

- School/ Work
- Homework
- Extracurricular activities
- Social challenges
- Transitions (graduating, moving out, living independently)
- Relationships



Student-Life Stress Relievers:

1. Get enough sleep: Getting enough quality sleep can have a variety of health benefits, including reducing stress and improving your mood. Students who sleep well are also less likely to get sick, have better memory recall, and enjoy a clearer mind
2. Exercise regularly: Regular exercise not only keeps you healthy, but the act of exercising also releases endorphins and improves your overall cognitive ability.
3. Listen to music: Music affects the amount of stress hormones, such as adrenaline and cortisol, that the body releases, and reducing these hormones can help relieve symptoms of stress
4. Get organized: Having organizational tools in place, such as a study planner that notes when certain assignments are due and when tests or other exams will be coming up, can be beneficial to students who may be experiencing stress from impending deadlines or an overload of assignments.
5. Relaxation and meditation: Focusing on breathing while taking long and slow deep breaths while disengaging one's mind is a helpful stress management technique.
6. Make time for social activities: Making time for activities and friends helps relieve stress. Sometimes being around people that make you happy and carefree eliminates certain stressors.

★ Short-term stress can help students raise a grade under pressure, polish an essay, or pursue a coveted career opportunity. However, long-term stress, if not addressed, can have detrimental side effects. If a student is experiencing long-term stress related to academic assignments or personal issues, schools can help. Every school likely has a program that covers mental health issues that affect college students. Looking at these resources can help students understand their mental health situation better.

Stress Management at Home:

★ Your home should be your sanctuary, except sometimes it is our life within our homes that causes the most stress.

Some of the most common stressors at home include:

1. Improper financial management
2. A messy house
3. Making dinner
4. Laundry piling up
5. Lawn management
6. Appliance breakdown
7. Working and living in the same space

★ There are many different ways to combat this stress at home. In the current times of today it can be difficult if more family members are home more often than they used to be.

In order to help alleviate some stress, here are some tips:

1. Proper budgeting: Tracking weekly, monthly and annual expenses can help in watching where your money is going.
2. Cleaning: Cleaning can seem daunting if the mess has spread throughout the home, but eliminating clutter and getting rid of or donating anything not longer used can have a major impact. It can also help to clean a little at a time. Just focus on one room or area and it can make you feel so much better. Having clutter around the home can cause clutter within your mind.
3. Meal prepping: Being able to schedule out what you are planning for dinner for the week, especially if you are cooking for a family, can rid some of the stress caused by constantly worrying about what to make or going grocery shopping. Getting this done at the beginning of the week allows more time for yourself and prevents any unnecessary stress.
4. Organize the laundry room is possible: Organization is key to alleviating stress, keeping the laundry room organized with baskets or hampers will aid in some of the mess rather than if it was spread all over. It is also helpful to put any clothes away right after they come out of the dryer so it is not causing a bigger mess and checks something off the to-do.
5. Keeping up with lawn management: Without a plan or proper equipment this can be very daunting. Start by creating a plan, whether that is to go to a local home improvement store, picking weeds, or planting flowers. Start with anything that will help create peace in your yard if you feel as though it is looming over you.
6. Stay on top of routine management: Having to replace a home appliance can be a big unexpected expense that can cause a lot of stress. To avoid this keep a list of any repair services at hand to possibly repair first rather than replace. Have systems like air conditioning or heat inspected annually for maximum efficiency. Consider buying warranty programs to alleviate unexpected expenses.
7. Set a space for work and sleep: If possible when working from home set a specific place to work, and a place to unwind. Being in the same room all day can drain your energy making you feel lethargic and stressed. If you do have to work in the same room try to take as many breaks as possible and get outside or move to a different room.
8. Develop a morning routine: Having a definitive morning routine gives yourself a real start to the day. Having a routine allows for greater productivity and success. Give yourself time in the morning to really wake up, set an alarm and stick to it. Make your bed in the morning and eat a healthy breakfast. It can cause a sense of peace, helping us emotionally feel better.





RESOURCES

Guided Meditations

- YOUTUBE has a variety of guided meditations for different lengths of time, we have provided a couple of our favorites below.

▶ 5-Minute Meditation You Can Do Anywhere

▶ A Moment for Peace meditation

<https://youtu.be/ez3GgRqhNvA>

LEARN TO MEDITATE

- HEADSPACE - is a great App that will teach you how to meditate, Free for the first 14 days.
- Or try the Mindfulness App or the Calm App.

MUSIC

Music is something that we all have available to us and requires no extra work, just listen. Following are three different genres as what makes us relax is as individual as we are;

▶ R. Carlos Nakai - Echoes Of Time (Canyon Trilogy Track 4)

▶ Kevin Kern-the Winding Path

▶ Angels of Venice - Pachelbel's Canon



The following was specifically designed to lower heart rate and relax body

▶ Marconi Union - Weightless (Official Video)

▶ Marconi Union - Weightless (Official Extended Version) this is a 30 minute version

GAMES / MIND BREAKS

APPS:

STRESS RELIEF ADULT COLOR BOOK

WORD THERAPY

ENERGY: STRESS RELIEF & RELAX

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