

## Don't Stress Out!

Stress is a psychological and physical reaction that our body has when we encounter changing conditions. College is a time in your life where you will encounter many changing conditions, and will encounter stress. How you handle stress can play a very important role in how successful you are in college.

Important facts about stress to help you handle stressful situations:

- **Stress is normal.** Everyone encounters a situation that will stress you out. Some stress is even good for you. Short periods of stress allow you to be productive and adjust accordingly to the situation. Imagine how boring your life would be without stress! Just make sure that you take time to relax and decompress after you have a stressful experience.
- **Too much stress is not good for you.** If you do not take the time to decompress and relax after a stressful experience, it could have negative effects on your life. Negative stress can cause both personal problems as well as physical problems.
- **Learn how to manage your stress.** Since stress is a natural occurrence, there is not a way to avoid it, but you can learn how to manage it. The first step to managing your stress is becoming aware of stress.
  - What are some situations that you encounter that bring stress into your life?

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- **Identify negative stressors in your life.** Knowing the difference between positive stress and negative stress is important. You can better manage stress if you know what stressors impact you negatively and work to eliminate those.
- **Deal with your stress in a positive way.** Because we can't eliminate all stressors from our lives, we need to find ways that work for us to eliminate stress we do encounter. List ways that you alleviate stress in your life.

Remember, we can be more productive and successful the more stress free we are. If stress is controlling your life, you may need to try new methods to balance your life. At the CAE we can help you do this- make an appointment to talk to our Student Success Specialist if you need help handling stress.