

DIY

Do-It-Yourself Managing Stress

Stress is a normal and expected part of every student's experience. Knowing ways to manage your stress will help you cope during challenging times.

Awareness

- Situations & internal thoughts that can create stress for you – financial worries, balancing school, work & family responsibilities, personal relationships, doubts, self-criticism, etc.
- Make it a priority to address your stress – effective management will keep it from negatively affecting your health, academics, and relationships.
- Recognize the part of the situation you **can** control and the part you **can't**, and focus on your part.

Prevention

- Organize - stay organized by keeping a calendar (including study time and breaks). Manage your budget, get help from [OneStop](#) or [Boynton Health Service](#) if needed.
- Plan & Prioritize – look ahead, prioritize tasks, and create a schedule to complete tasks.
- Engage – resist the temptation to put things off for 'later' - stay current with course readings, papers, and assignments
- Self-care - make time for your personal health: get adequate rest & exercise, eat well, limit alcohol and tobacco use. “Unplug” from your phone and computer for an hour each day.
- Relax – make time to do the things that relax you, even when you feel too busy – go for a walk, meditate, listen to music, connect with family or friends.

Early Intervention

- If you start to feel stressed out, Take Five: sit quietly with eyes closed, breathe in for 5 seconds, hold for 5 seconds, exhale for 5 seconds, repeat 5 times. Or go to www.donothingfor2minutes.com and relax while enjoying an ocean view at sunset.
- Take 5 minutes to phone a friend or take a quick walk outside.
- Overwhelmed? Consider the following for resources and support:
 - Student Academic Success Services (SASS) at www.sass.umn.edu to learn efficient and effective study skills, a part of University Counseling & Consulting Services (UCCS) at www.uccs.umn.edu which provides personal, academic, and career counseling.
 - Student Mental Health at www.mentalhealth.umn.edu for more strategies on managing stress.