

Campus Services

Counseling Services

2nd floor, English/Counseling Services
www.k-state.edu/counseling
785-532-6927

Academic Assistance Center

101 Holton Hall
www.k-state.edu/aac
785-532-6492

Family Center

Campus Creek Complex
www.humec.k-state.edu/familycenter
785-532-6984

Lafene Health Center

1105 Sunset Ave
www.k-state.edu/lafene
785-532-6544

SafeZone Allies

k-state.edu/womenscenter/SafeZone

Office of Student Life

102 Holton Hall
www.k-state.edu/studentlife
785-532-6432

K-State Research and Extension

www.oznet.k-state.edu
785-537-6147

If you have questions regarding
K-State HD or services on
campus, please contact us at:



**K-State HD
Office of Student Activities
& Services
Ground Floor, 809 K-State
Student Union
Manhattan, KS 66506**

Phone: 785.532.6541

Fax: 785.532.7292

**E-Mail: kstatehd@k-state.edu
www.k-state.edu/hd**

References:

www.mindtools.com

www.stressresources.org/default.asp

<http://www.medicinenet.com/stress/article.htm>

<http://www.mtstcil.org/skills/stress-definition-1.html>

[http://www.mayoclinic.com/health/stress-symptoms/
SR00008_D](http://www.mayoclinic.com/health/stress-symptoms/SR00008_D)

www.zeromillion.com

http://www.helpguide.org/mental/stress_signs.htm#what

Staying Relaxed and Focused:



Stress

Management

**Information and Tips
about Managing and
Preventing Stress.**

Brought to you



Stress

What is Stress?

- Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences or environments. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood causing physical, emotional, and mental reactions.
- Stress is a common problem that affects almost all of us at some point in our lives. Learning to identify when you are under stress, what is stressing you, and different ways of coping with stress can greatly improve both your mental and physical well being.



Daily External Causes of Stress include:

- **Environmental stressors** – Your physical surroundings can set off the stress response. Ex. Unsafe neighborhood, pollution, noise (sirens keeping you up at night, a barking dog, roommates), and uncomfortable living conditions.
- **Family and relationship stressors** – Problems with friends, romantic partners, and family members are common daily stressors. Marital disagreements, dysfunctional relationships, or caring for a chronically-ill family member can also dramatically affect stress levels.
 - **Work or School stressors** – Work and school can be ever-present sources of stress. Work stress is caused by things such as job dissatisfaction, an exhausting workload, insufficient pay, office politics, and conflicts with your boss or co-workers. School stresses can include an overload of homework, big exams, projects, and balancing school and work.
 - **Social Issue Stressors** – Social situations can cause stress. Ex. poverty, money issues, racial and sexual discrimination or harassment, unemployment, isolation. Lack of social or emotional support all take a toll on daily quality of life.

Signs and Symptoms of Stress

ON BODY

Headache	Skin Breakouts
Chest Pain	Sex Problems
Pounding Heart	Weight Gain or Loss
High Blood Pressure	Sleep Problems
Shortness of Breath	Tiredness
Muscle Aches	Increased Sweating
Back Pain	Diarrhea
Clenched Jaws	Constipation
Tooth Grinding	Upset Stomach

ON THOUGHTS AND FEELINGS

Anxiety	Seeing Only Negatives
Restlessness	Inability to Concentrate
Worrying	Guilt
Irritability	Resentment
Depression	Forgetfulness
Sadness	Burnout
Anger	Confusion
Mood Swings	Feeling Insecure
Work Dissatisfaction	

ON BEHAVIOR

Overeating
Undereating
Angry Outbursts
Drug Abuse
Excessive Drinking
Increased Smoking
Social Withdrawal
Crying Spells
Relationship Conflicts
Decreased productivity
Blaming Others



Stress Management Tips

Know what stresses you the most—Before you can conquer your stresses, you must be honest with yourself and really understand and identify what stress you. Write them out and describe each stress in a journal.

Say no. -Focus on your own goals, not the goals of your friends, peers, or co-workers. If asked to do something, and you really know that it does not fit into your over all goals or schedule and you are not passionate about it, say no. ("Thank You, but I just can not." This can be very difficult to do, but can be key to avoid overload.

Learn to relax—Work hard, but know when to take time off and allow yourself to do so. Find a hobby or a relaxation technique or quiet time to yourself that allows you to unwind and tension free. Take deep breaths and enjoy life.

Eat Healthy -Eating less junk food and more fruits and vegetables can really help lower stress levels by lowering the amount of bad stress hormones.

Laugh-Keep a sense of humor. A good attitude helps all situations from becoming negative or tense if something does not go as planned.

Ask why—Why should you do this? Write down your hopes, goals, and dreams. Is what you are doing now going to affect those? The more understanding you have about what you are doing and why are you doing it, the less stress you should have.

Stay Active -Exercise is a great way to relieve tension and stress and gives your body a break mentally. Two minute walks can be affective when studying. Get up every so often and walk around for two minutes to get your blood flowing. You should be alert to go back to studying more alert and focused than before.

Organize and Prioritize-Do the worst and hardest things first. Keep a To-Do-List that is realistic and do-able. Keep a calendar with dates, times, and plans of your events, classes, meetings, and appointments.

Practice Stress Relief Techniques—This will help you stay relaxed and focused physically and mentally.