

Tips To Reduce Stress Among College Students

1. Stay in touch with family

Support from loved ones will help you stay happy and focused

2. Stay active

Try a Group Fitness class at CRCE or climb the rock wall at the ARC

3. Get involved

Visit the Registered Student Organizations website for more info on RSOs on Campus:
<http://illinois.collegiatelink.net>

4. Avoid drugs and alcohol

Contact someone from the Alcohol and Other Drug Office (AODO) for tips to avoid peer pressure at (217) 333-7557

5. Relax!

Visit the Relaxation Room at the Oasis in the Union

If you have any concerns or questions you can call:

McKinley Health Center Mental Health Department at:
(217)333-2705

Or contact McKinley Health Center's Stress Management Educator at:
(217)333-2714

www.mckinley.illinois.edu



Brought to you by the McKinley Health Education Special Populations Unit

References:

- [1. http://www.uic.edu/depts/wellctr/docs/Stress%20and%20the%20College%20Student.pdf](http://www.uic.edu/depts/wellctr/docs/Stress%20and%20the%20College%20Student.pdf)
- [2. http://www.collegeboard.com/student/plan/college-success/963.html](http://www.collegeboard.com/student/plan/college-success/963.html)
- [3. http://findarticles.com/p/articles/mi_m0FCR/is_2_33/ai_62839434/](http://findarticles.com/p/articles/mi_m0FCR/is_2_33/ai_62839434/)
- [4. http://www.counsel.ufl.edu/selfHelpInformation/stress/stress_and_college_students.aspx](http://www.counsel.ufl.edu/selfHelpInformation/stress/stress_and_college_students.aspx)

What Do You Know About Stress?



What Is Stress?

Stress is a normal psychological and physical reaction to demands of life.

Two main types of stress:

Acute Stress—Your body immediate reaction to a significant threat, challenge or scare.

Chronic Stress- The result from long-term exposure to acute stress

Symptoms of Stress:

Physical Symptoms-

Muscular Tension
Colds or other illness
Ulcers

Emotional Symptoms-

Depression
Anger
Fear of Anxiety

Cognitive Symptoms-

Forgetfulness
Unwanted or repetitive thoughts
Difficult concentrating

Can stress be good?

Short term stressful situations, like performing a speech, can tap into the 'fight or flight' response that dates back to when man was first threatened by predators. This response can boost a person's natural front-line defense and strengthen the body's immune system.

College Stress

The Jump To College Can Be Stressful

College students, especially freshmen, are a group particularly prone to stress due to the transitional nature of college life

- ⇒ Courses are at a higher level than high school classes
- ⇒ Material presented is at faster pace
- ⇒ Professors are likely to assign more reading, writing, and problem sets than you may be use to
- ⇒ Students are on their own for the first time
- ⇒ It can be hard to juggle school, work and social obligations
- ⇒ Students may feel more peer pressure to conform to campus 'norms'

More than 30% of all college freshman report feeling overwhelmed a great deal of time according to a UCLA Survey. Thirty eight percent of college women reported feeling frequently overwhelmed.



Causes of Stress



Stress can come from many different areas in your life:

Finances

Work

Family

Personal Concerns

Personal Health & Safety

Personal Relationship

Death

Life Changes