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# Coping with Stress: A Guide for College Students [brochure and streaming video]

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# COPING WITH STRESS

## A GUIDE FOR COLLEGE STUDENTS

Gracie Price & Breanna Harris

**STRESS:** a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

### POSITIVE PRACTICES

#### EXERCISE

exercise improves your overall health, and releases endorphins which assist with stressful situations. ex: running, yoga, etc.

#### SLEEP

an adequate amount (7-8 hours) of sleep allows the body to recharge and function normally.

#### SELF-CARE

self-care is extremely important as it helps decrease tension and function efficiently. ex: picking up a hobby, proper nutrition, etc.

#### PRIORITIZING

prioritizing your life helps you face issues head-on and aids in finding out which actions have a positive impact

### NEGATIVE PRACTICES

#### ALCOHOL IN EXCESS

over-consumption of alcohol can lead to poor decisions, a possible addiction, and feelings of depression and anxiety

#### CAFFEINE IN EXCESS

consuming too much caffeine can, in-turn, release cortisol which can inhibit brain function and break down muscle (caffeine is okay in moderation)

#### PROCRASTINATION

procrastinating urgent tasks can lead to more stress, distract you from the problem at hand, and cause you to produce lower quality work