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