10 Tips for Stress Management

A little stress can actually be good for you. It can increase energy, focus, and help you perform tasks more efficiently. But long-term or continual stress can negatively impact your emotional and physical health. It is essential to find methods of coping with stress.

- **Tip 1:** Specify the circumstances and/or elements of a situation that you find stressful. Write about stressful situations in a notebook or journal. This can help you identify the stressors.
- **Tip 2:** Evaluate what aspect of the situation you have control over in relation to the reduction of stress. Make changes accordingly.
- **Tip 3:** Visualize yourself being successful in the context of the stressful event; the focus on imagery can help alleviate stress.
- **Tip 4:** Breathe deeply when you're experiencing anxiety; this can help you calm down.
- **Tip 5:** Engage in consistent physical exercise. There is a strong connection between physical fitness and emotional well-being.
- **Tip 6:** Engage in healthy eating habits. Eating right helps the body to function more efficiently thereby reducing stress.
- **Tip 7:** Allow yourself time to relax. Continual work without rest can increase stress as well as decrease productivity.
- **Tip 8:** Look for humor in every situation and laugh whenever you can.
- **Tip 9:** Get in touch with your spiritual side.
- **Tip 10:** Look for praise in yourself and others.

Try this now...

- Go to the ODU Student Recreation Center and take a free fitness class.
- Visit the Game Room inside Webb University Center.
- Join a campus club or student organization. Visit the ODU website to see what’s available.
- Attend an ODU Athletic event. There are dozens of teams to support!

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“It’s not stress that kills us, it is our reaction to it.” - Hans Selye