
Helpful Tips

Get to know yourself: Be conscious of the sources of stress in your life and your common reactions.

Be patient with yourself: Reduce stress by simply waiting to see if things will work out. "Don't cross the bridge before you come to it!"

Exercise: Incorporate physical activity into your schedule and make sure it is something you enjoy.

Take a minute: Take a break when you begin to feel stressed.

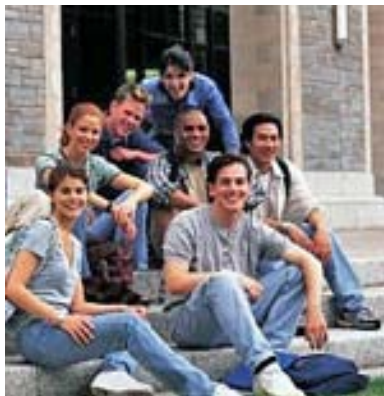
Practice time-management: Use a daily calendar, plan ahead, list and complete all assignments.

Communicate your feelings: Telling others how you feel, or discussing your challenges with others helps to put things into perspective.

Forgive: Let go of things that are not that important.

And most important...

Treat yourself with kindness.



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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Managing Stress



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Managing Stress

STRESS



Stress is a life energy force that occurs in the body and is a real part of growth and change. Although it is often referred to as being negative, stress can be positive as well.

Positive stress or *eustress* occurs when we feel passionate, excited, or motivated.

Negative stress or *distress* is an experience that occurs when we feel anxious, or experience poor concentration or poor self-esteem. Negative stress produces a “wear and tear” on our bodies as we adjust to our changing environment.

The *goal of stress management* is to learn personal strategies that minimize it’s negative effects, while allowing us to draw from the energy and experience personal growth.

External Stressors

Physical Environment: noise, bright lights, heat, hunger, odors

Social Environment: relationships, expectations of others, pressure to conform, or even aggression

Organizational: rules, deadlines

Major life events: death of a loved one, becoming a college student, loss or gain of a job, new baby

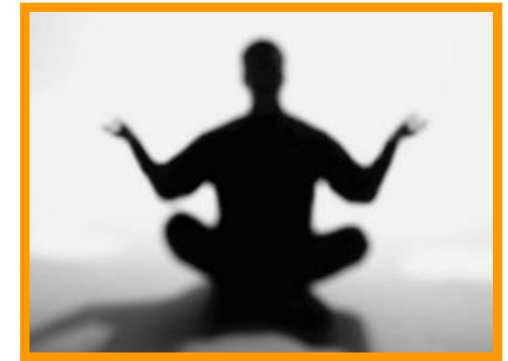
Daily challenges: commuting to school/work, unexpected assignments or extra work, misplacing things or losing completed computer files

Internal Stressors

Lifestyle choices: caffeine, not enough sleep, overloaded schedule

Negative self-talk: pessimistic thinking, self-criticism, over-analyzing

Mind traps: unrealistic expectations, exaggerating, taking things personally, expecting perfection



Stress Management Strategies

Eat well-balanced meals: diets high in fiber, fruits and vegetables.

Avoid caffeine: caffeine may aggravate anxiety, insomnia, and nervousness.

Get plenty of sleep: seven hours of sleep will allow you to focus better.

Practice relaxation techniques: prayer, yoga, breathing and meditation.

Take time for you: spend time with friends and loved ones; do something you enjoy doing.

Expect some frustrations: do not over-react when they occur.

Talk to someone: if problems become overwhelming talk with a trusted friend or seek professional help.

Campus resources:

Department of Health Promotion
(479) 575-4451

Counseling & Psychological Services
(479) 575-5276

