

# Tips for Stress Management

- **Become Aware of Your Reactions to Stress.** Develop positive coping strategies to handle stress in your life.
- **Recognize and accept your limits.** Focus on your good qualities and accomplishments.
- **Practice effective time management.** Use a weekly schedule to keep track of your academic, extracurricular, and social commitments. Make sure to set aside sufficient time for studying and homework. Allow yourself an adequate amount of time for test preparation, assignments, and papers.
- **Exercise regularly, follow a consistent sleep schedule, and eat a healthy diet.** One way to combat potential stressors is by keeping yourself physically healthy. For instance, sleep allows your body to recharge itself to handle stress, while physical activity helps to expend built-up stress.
- **Set realistic short-term and long-term goals.** Setting realistic goals is important to avoid overwhelming yourself.
- **Practice relaxation techniques.** For example, whenever you feel tense, slowly breathe in and out for several minutes. Another technique is to progressively relax the muscles in your body. Visualizing a pleasant place can also be a helpful stress management strategy.
- **Use positive self-statements and humor** to manage stressful situations in your life
- **Talk to someone** you can trust about your problems and worries
- **Don't worry unnecessarily about the small stuff.** Always ask yourself if the issue is worth getting upset over.
- **Examine your situation** and try to determine if there are any changes that can be made to ease the stress and pressure.
- **Each day, find twenty minutes of "alone time" to relax.** Take a walk, write in a journal, or practice relaxation techniques.

**If stress is unmanageable and it is interfering with your work or personal life, seek professional help from Lehigh's Counseling Center at 610-758-3880!**