

tips for stress management

5 School Stress-Busting Tips

No matter where you are in the school journey, these tips can help you cope with and manage the stress that comes along with it.

-  **GET PLENTY OF SLEEP.**
Not getting enough sleep impairs academic performance and makes it harder to get through the day.
-  **THINK POSITIVE.**
Research has shown that positive thinking may improve physical well-being, produce lower feelings of depression and produce lower levels of distress.
-  **HAVE A STRESS “OUTLET.”**
This could be a social activity like going out or participating in intramural sports, finding a hobby or joining a social club.
-  **ENGAGE IN RELAXATION TECHNIQUES.**
This can include things like slowly counting to ten, meditation, thinking positive thoughts, visualization or playing with a stress ball.
-  **TALK TO SOMEONE.**
Sometimes just talking about what's stressful or having someone listen to your problems can drastically reduce stress. Peace River Center has a free, 24-hour Crisis Line that is always available whether you're experiencing test anxiety, are missing home, or feel depressed. We are always just a call away.

STRESSED STUDENTS

College Stress by the Numbers

20%
of college students say they feel stressed “most of the time”
[Source: AP]

10%
of college students had thoughts of suicide
[Source: AP]

34%
of college students report feeling depressed at least at one point within the last 90 days
[Source: ADAA]

13%
of college students have been diagnosed with depression, anxiety or other mental health condition
[Source: ADAA]

Source: <https://www.learnpsychology.org/student-stress-anxiety-guide/>



If you feel you are in crisis, call our crisis line 24 hours a day, 863.519.3744 or toll free, 800.627.5906. For questions or to schedule an appointment, call 863.248.3311 or toll-free, 800.305.6780.