

Coping with Stress

- Become aware of your own reactions to stress.
- Let go of negative, discouraging self-talk. Avoid the “snowball” effect of dwelling on the negative.
- Learn from past “mistakes” and move forward.
- Practice positive, encouraging self-statements.
- Focus on your good qualities and accomplishments.
- Develop assertive behaviors.
- Get a hobby or two. Relax and have fun.
- Exercise regularly.
- Eat a balanced diet daily.
- Talk with friends or someone you can trust about your worries/problems.
- Change worry into action. Focus on the next step.
- Learn to use your time wisely.
- When studying for an exam, study in short blocks, and stay focused. Take frequent, short breaks.
- Make a weekly schedule and try to follow it.
- Set realistic goals. Take one step at a time.
- Avoid unnecessary competition.
- Recognize and accept your limits. Remember that everyone is unique and different.
- Practice relaxation techniques such as breathing, meditation, yoga, imagery, etc. For example, whenever you feel tense, slowly breathe in calmness and breathe out tension for a few minutes.