



Stress Management

Stress = When the number of changes is greater than the number of resources to cope.

Causes:

- Time pressures - studying for tests, completing schoolwork
- Household chores - laundry, cleaning, shopping, cooking
- Social - making friends, dating, roommates
- Health - lack of sleep, illness, alcohol, tobacco, sex, drugs
- Environment - adjusting to new situations
- Financial - concerns about affording necessities and fun
- Work - finding and holding a job, enjoying work
- Future - making long-term plans



Tips for dealing with stress



- Make decisions ... do you need to change something?
- Set priorities ... what is most important? what do you want to accomplish?
- Find humor - laughter is the best medicine!
- Know what to expect and be prepared
- Draw on social support of friends and family
- Reduce - Just say NO!
- Take care of physical health - exercise and eat right
- Keep things in perspective
- Relaxation exercises

Test Anxiety



#1 cause of test anxiety = being unprepared!

A little tension before a test is good... the extra adrenaline can increase your awareness and keep you alert. However, too much anxiety can prevent you from doing your best.

Test anxiety is characterized by feelings of nervousness, fear, or dread; specific symptoms can include insomnia, loss or increase of appetite, and an inability to concentrate. Symptoms during an exam may include confusion, panic, mental blocks, fainting, or nausea. Frequent yawning is common and is a sign of tension - when the body is tense, oxygen is not getting to the brain; yawning is a way the body increases its supply of oxygen.

Test anxiety has two components:

- 1. mental stress includes your thoughts and worries**
- 2. physical stress includes feelings, sensations, and tension**

Dealing with mental stress:

1. Break the Worrying
2. Visualize Success
3. Daydream
4. Focus
5. Praise Yourself
6. Consider the Worst

Dealing with physical stress:

1. Focus on Breathing
2. Scan Tension in Your Body
3. Tense and Relax
4. Use Guided Imagery
5. Describe the Stress
6. Exercise