Coping with Personal Stress

Stress Management

There is no miracle cure for stress--only one that comes through much effort. Such effort requires you to discover your personal stressors and a way for managing them. In addition, your physical wellness affects your ability to send positive verbal statements and mental images to your brain. These images affect your coping mechanisms.

<table>
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<tr>
<th>Stressor</th>
<th>Solution</th>
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| Information overload (number and size of class assignments, spacing of exams and assignment due dates.) | 1. Re-evaluate time management plan.  
2. Consider reducing course load.  
3. Form a study group for support and assistance. |
| Mismatch of instructor and student learning styles                      | 1. Use coping strategies.  
2. Form a study group.                                                   |
| Stress carriers (peers who are also over stressed)                      | 1. Find more supportive and positive friends.  
2. Seek out counseling services.                                         |
| Self-Doubts (own high expectations, family pressures, concerns about career choices, class presentations, low exam grades, academic competition) | 1. Practice taking tests.  
2. Avoid cramming.  
3. Take stress management course.  
4. Practice relaxation exercises.  
5. Seek counseling services.                                              |
| Interpersonal relationships (family conflicts, love decisions, social pressures, family responsibilities, sexual pressures and fears, religious conflicts, job conflicts) | 1. Seek counseling services.  
2. Talk to family and friends.  
3. Examine values and priorities.                                         |
| Intra personal conflicts (social anonymity, loneliness, depression, anxiety) | 1. Seek counseling services.  
2. Participate in campus activities.  
4. Volunteer your services.                                                |
| Financial concerns                                                      | 1. Investigate school loans, grants, and scholarships.  
2. Share expenses.  
3. Cut expenses.  
4. Seek additional employment.                                             |