

Stress Management

Ways to Help Manage Stress

- Become aware of how your body responds to stress
- Exercise regularly
- Eat a balanced, healthy diet
- Learn to use your time wisely
- Set realistic goals
- Prioritize
- Be assertive and set limits
- Practice deep breathing
- Practice thoughtfulness meditation
- Relax your muscles
- Develop a consistent

Questions?

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Stress is your body's response to any kind of demand. A moderate amount of stress, "good stress," is required to help you with concentration and focus. When your body responds to stress, it undergoes changes in hormones, blood pressure, blood sugar, and body temperature to prepare your body to cope with a given situation. Afterwards, your physical responses should normalize and your body should return to a state of rest.

With "bad stress," however, your body is less likely to return to its state of rest. Thus, you remain anxious and tense, draining you of your emotional and physical energy. Prolonged stress can lead to many difficulties including emotional, medical and social problems.

Because stress is a part of every day life, and originates in everything from academic pressure to relationship issues, it is essential to learn ways to manage your stress response.

Possible Signs of Stress:

- Low self-esteem
- Inability to concentrate
- Forgetfulness
- Impulsive behavior
- Changes in appetite
- Crying spells
- Nervous laughter
- Dry throat and mouth
- Fatigue / Changes in sleep
- Upset stomach / Butterflies in stomach
- Irritability
- Feelings of sadness
- Headaches
- Sweating
- Increased heart rate