What is stress?
Stress is an emotional/bodily reaction to physical, psychological, or emotional demands.

Causes of Stress
1) Expectations we place on ourselves
2) Expectations of others for us

Ways to manage stress effectively
- Have Balance: don’t overload yourself with studies or plans
- Take “time outs” especially during studying
- Get help, and support from friends
- Participate in other activities, be active
- Learn and practice relaxation skills for yourself
- Study subjects moderately and regularly for designated periods of time
- Utilize resources on campus - Counseling Services in ground floor Mary hall, Academic Advising first floor quad, and RAs or FRs