

# Got College Stress?

*Stress has continuously plagued college students and statistics on a new poll showed higher levels of stress for college students than ever before. Stressors have included: living away from home, seeking academic success, financial problems, sickness, disorders, and many more. This infographic contains coping mechanisms that we hope college students or anyone dealing with stress can integrate into their lives to help deal with stress!*

## Identify Small Goals

Stress creates pressure when problems arrive or reoccur. Making or identifying small goals allows you to make certain stressful instances do not appear.



## Try a Relaxing Activity

Meditations is a great way to relax! Look into soothing meditation or exercises and schedule them into your week.



## Visit a Counselor or a Student Counseling Service

Most schools and places offer help to a variety of problems. These people are able to open up new ideas and services to help cope with your stressful situation(s).



## Call or Ask for Support

Keeping in touch with people who will support you emotionally. If you feel too overwhelmed, ask for help from a health professional or call the confidential toll free National Suicide Prevention Lifeline at 1-800-273-TALK (8255) available 24/7



## "Hit The Gym!"

Working out can relieve some of your stress by blowing off steam. Including physical stress! Working hard helps with your breathing and pushing your limits. You also get results afterward!



## Journaling Your Feelings

Write down your feelings, express them to the fullest. No one will read through your journal so just let it all out. Write until nothing is left in your head or on your shoulders.



## Find Healthy ways to Vent

There are much more ways to vent other than talking to someone. Working out, taking a walk, or even reading a book, discovering a support system, and being active are major stress relievers.



## Share this info!

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