Stress Busters

**Top 10 Tips**

1. Learn to manage your time more effectively

   We waste a lot of time doing unimportant tasks, prioritise your day and do the important things first as unimportant ones often disappear completely leaving you time to do other things. Don’t put off the unpleasant tasks - avoidance causes more stress so do them first. You may find, if your studies are getting too much for you, that an appointment with the Study Centre will help give you strategies on how to manage your study load more effectively - and reduce your stress.

2. Adopt a healthy lifestyle

   If we eat a healthy diet, exercise regularly and get adequate rest, our body is better able to cope with stress. If any of these areas are not happening for you it is usually a warning sign, don’t ignore it, ask for some help.

3. Know your limitations and do not take on too much

   We cause ourselves a great deal of stress because we like people to like us and don’t want to let people down, we then end up doing more than we should. Learn to delegate effectively and be assertive so that you can say no without upsetting or offending anyone.

4. Find out what causes you stress

   Take time to discover what is worrying you and try to change your thoughts and behaviour to reduce it. A session with one of our College Counsellors may help to you do this.

5. Avoid unnecessary conflict

   Don’t be too argumentative. Is it really worth the stress? Look for win - win situations, a resolution to a dispute where both parties can achieve a positive outcome. Find out what the real cause of the problem is and deal with it.

---

*Stress is perceived in the mind, suffered in the human spirit, experienced via the emotions, expressed in behaviour, and “held” in the body.*

- Anon
Top 10 Tips

6. Accept the things you cannot change
Changing a difficult situation is not always possible. If this proves to be the case, recognise and accept things as they are and concentrate on everything that you do have control over.

7. Take time out to relax and recharge your batteries
Make time in your study schedule to relax and put the pressures of study to one side. This will help you to recharge your batteries.

8. Find time to meet friends
Friends can ease our study and personal troubles and help us see things in a different way. The activities we engage in with friends help us relax and we will often have a good laugh. It boosts the immune system that is often depleted during stress. If you do become stressed, engage in some form of physical activity. It works off the biochemical and physical changes that occur within your body due to stress. Relaxation also helps your body return to its normal healthy state. Good relaxation techniques include breathing exercises, massage and a variety of complimentary therapies.

9. Try to see things differently, develop a positive thinking style
If something is concerning you, try to see it differently. Talk over your problem with somebody before it gets out of proportion. Often, talking to a friend or family member will help you see things from a different and less stressful perspective. You may also want to consider some help from our Counselling team.

10. Avoid alcohol, nicotine & caffeine as coping mechanisms
Long term, these faulty coping mechanisms will just add to the problem. For example, caffeine & nicotine are stimulants, too much and the body reacts to this with the stress response increasing or even causing anxiety symptoms. Alcohol is a depressant!

Appointments for our College Counsellors can be made through Student Services, or ask your personal tutor to make one on your behalf.