

“I’m so stressed out!!”

- ◇ How many times have you heard someone say that? Maybe it was you that said it. What were you or she feeling right then?

Overwhelmed (too much to do, too little time)

- ◇ Tired
- ◇ Anxious and worried
- ◇ Insecure
- ◇ Irritable, frustrated and angry
- ◇ Physically ill (stomach and head aches, muscle pain)
- ◇ Tearful
- ◇ depressed

What contributes to stress?

Parental expectations

Perfectionism—setting too high standards for yourself

Trouble in relationships

Roommate difficulties

Loneliness

Financial problems

Discrimination and bigotry

Struggling with identity issues

Academic work

Not All Stress is Bad

In fact, if we are honest with ourselves, we’d have to admit that sometimes we are proud of being stressed out. It seems to suggest that we are so busy and involved, or that we take our studies seriously or that we work harder than other people. So, OK. It’s a little bit like bragging and maybe it would be better to find something else to be proud of. But, a little stress gets the adrenaline going, gives us energy and motivation and creativity. So harness the energy that stress releases and you’ll get your work done **well**.

ON THE OTHER HAND...

sometimes the amount of stress we are experiencing is quite unbearable. It interferes with our ability to sleep, eat, and relate well to others. We may even develop some of the following:

- ◆ Substance abuse
- ◆ Caffeine addiction
- ◆ Nicotine dependence
- ◆ food obsessions
- ◆ internet addiction
- ◆ Eating disorders

When stress becomes destructive to your well-being it is important to seek help.

Furman Counseling Center

Barnard Student Health Service

Well-Woman Program

Dean of Studies Office

ASAP

Office of Disability Services

Pulling an "ALL NIGHTER"



There are occasions when you feel that you just have to stay up all or most of the night to finish a paper or study for an exam. Here are some tips to help you through that long night.

1. Take five minute breaks every hour
2. Stretch the muscles in your neck and shoulders.
3. Take a quick shower
4. Brush your teeth
5. Sit quietly and just pay attention to your breathing.
6. Take a fast walk around your floor or up and down a couple of flights of stairs
7. Take a 20 minute nap – no longer, or you will wake up groggy

8. Take a five minute dance break
9. Make yourself a cup of soup or hot cereal. (no caffeine)
10. In the morning, take another quick shower or at least wash your face, change your clothes, brush your teeth again. You'll feel better and more alert.
11. Eat some breakfast and include protein.

Long Term Stress Relievers

Yoga, meditation, massage therapy

Regular exercise, dancing

Set priorities

Make a schedule and organize

Develop a support network

Maintain a sense of humor

For more information about stress management visit us at

Well-Woman

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WELLNESS:

MIND, BODY & SPIRIT

IN HARMONY

Managing STRESS



Well-Woman

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