

HEALTH EDUCATION



Stress Management

HEALTH ED HANDOUT

Stress is a natural part of life and is something that affects all college students. When a person chooses to go to college they are choosing to tackle a huge amount of responsibility and at times many feel overwhelmed. Many students also have external factors to deal with including relationships, roommates, family, jobs, and bills, to worry about in addition to attending UCONN classes. Fortunately there are many things a person can do to manage their stress:

- * **Avoid Common Daily Annoyances**
- * **Make a To-Do List**
- * **Know You're Limits**
- * **Do Things Step-By-Step**
- * **Ask for Help!**
- * **Choose Your Battles**

Signs of Stress

Anger outbursts	Sadness
Drug abuse	Anger
Excessive drinking	Mood swings
Muscle aches	Feeling insecure
Back pain	Confusion
Sleep problems	Burnout
Anxiety	Dissatisfaction
Worrying	Guilt
Irritability	Resentment
Depression	Social Withdrawal



Check out our new website at www.healthed.uconn.edu for **FREE** mp3 downloads of relaxation/breathing exercises! Just click on "Stress" on the color wheel and then click on the "download" button on the right hand side and unwind!



Stressed?? Some things to avoid... **Alcohol** might seem to be a stress-reliever, but it actually puts more stress on your body because it is very dehydrating. **Exercise** will leave the mind calmer and clearer and even leave one with a boost of energy. **Keep Caffeine intake** to a minimum.

What can Laughter do to Fight Stress??

- Reduces stress hormones!** Studies have shown laughter induces reduction of at least four of neuroendocrine hormones, epinephrine, cortisol, dopac, and growth hormone, associated with stress response).
- Cleanses the lungs and body** tissues of accumulated stale air as it empties more air than it takes in. It is beneficial for patients suffering from emphysema and other respiratory ailments.
- Increases relaxation**, blood flow and flexibility in body.
- Boosts immune function** by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and disease-destroying antibodies called B-cells.
- Triggers the **release of endorphins**—body's natural painkillers.
- Produces a general **sense of well-being**.

www.lifepositive.com

Health Education Resources

- * Aromatherapy, Massage 101, Aromatherapy Pillows
 - * MP3 Relaxation Downloads *FREE*
 - * Stress Down Day
 - * S.O.S. "Stop Over Stressing" Series co-sponsored by the Women's Center
- Each semester different techniques are offered free to students such as:
- *Free Massage
 - *Progressive muscle relaxation

STRESS MANAGEMENT RESOURCES

Health Education.....	486-0772
Mental Health and Counseling.....	486-4705
Atlantis Massage.....	429-8106
Willimantic Co-op.....	456-3611



Did you Know?

We spend 20 to 30 percent of our time just looking for things.

www.attackstress.com

Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the south complex office. Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: www.healthed.uconn.edu