

# **MANAGING STRESS IN YOUR LIFE!**

- Recognize that Stress is a part of life. There will always be Stress!
- Know that Stress can be a good thing! It can help us ‘keep our edge’ and keep us motivated and alert!
- Recognize the symptoms of excess stress in yourself: heart pounding, sweating, fast breathing, panicked feeling, depression, lack of concentration?
- When symptoms start, take a few minutes to relax. Practice deep breathing techniques. Take a short walk.
- Ask yourself the following questions: What is causing me to stress out? When does it happen? Where? Why? Can I eliminate this stressful situation? How? If not, how can I deal with it? If the same situation happens in the future, what can I do to keep it from taking over my life?
- You may need some help answering these questions. For academic issues, see the **Center for Student Learning** at the Addlestone Library (953-5635), your **Advisor**, or **Undergraduate Studies** (206 Randolph Hall; 953-5674) For personal issues, see **Counseling and Substance Abuse Services** (‘old’ library; 953-5640)
- Practice the “Three Cs” of stress relief: **CONSEQUENCES**—every decision you make has consequences. Think then through before making life-altering changes or decisions. **CHANGE**—things change every day. Before making life-altering choices, step back and think about the thing that is causing you stress. Will it still be a cause of stress tomorrow? **COOPERATION**—You don’t have to do it alone! Ask for help!

*Need More Ideas? Visit the Center for Student Learning*



at the Addlestone Library

843. 953.5635

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