

# The stress of student mothers

[Health & Medicine](#), [Mental Health](#)



Mothers say that mothering is incredibly stressful. Now add school to the equation. Mothers already tackle lives outside of school, so why add school to an already stressful life? Maybe moms want what is best for their child, so they return to school not only to better themselves but the life of the child. When going back to school, mothers assume it will be a walk in the park, but it is tremendously stressful, to say the least.

Since school has begun, mothers have had to learn how to manage their time. This paper will provide insight on how to ease the stress of motherhood and how to deal with the stresses of college. When discussing stress, student mothers don't see what it can physically do to their bodies. When learning what all stress can do physically and emotionally, it will provide insight on how to manage stress in your life.

Managing the stress of motherhood can be very difficult at times. Here are some steps on how to ease that stress. First, prioritize a schedule. All mothers know that there is so much that goes into motherhood. Organize everything you can think of. Since starting school, it would be a good idea to make a list of all coursework that is coming up. Identify the most important item on the schedule. It is fine if you do not get everything on your schedule done in one day. Second, acknowledge the physical and emotional feelings you may be dealing with. To deal with the stress of motherhood and school, you need to confront it head-on. Last, have more fun. When feeling stress in school, look to friends for guidance on how to make it fun. Its okay not to be serious at times. With motherhood, jump on the trampoline with your child. Laugh and play with them. Life is too short to stress. Children of student mothers will sense something is wrong when there is stress in the family. So,

ease the stress of school and motherhood and have fun with it. It is perfectly fine to prioritize a schedule to minimize the stress that comes in various forms.

Stress in college comes in many forms, but when a mother in college start to stress, they stress more on work schedules, finances, and coursework. With all the different forms of stress, a student mother might wonder how they will make it between work, school, and motherhood. Mothers who work worry about whether their employer will work with their school schedule. Moms who cannot work know that they will not be able to afford their financial responsibilities. Which now brings me to finances. When looking at children and all the financial responsibilities that come with raising a child, moms tend to stress. Now add the finances that come with school. Student mothers know that financially their lives will get a little harder. Learning to cope with financial problems will help stress levels dwindle. Dealing with coursework in school will be difficult, especially with being a mother. Trying to find the time to do homework is hard. It is a balancing act because making time between coursework and kids is tough. Knowing how to balance the stress of coursework will help manage the time a mother is in school.

Now that the stressors of student-mothers have been covered, Let's talk about some symptoms that can occur due to stress. Having stress in a mother's life can have physical, emotional and behavioral damage. When she starts to stress physically, she will start to sweat more, experience headaches and become more fatigued. Healthwise, mothers must manage stress levels for the sake of the child. Moms who stress emotionally might

become hostile toward their loved ones. She might become helpless in a world that only certain people will understand. But when standing together with one another moms will be able to overcome the stresses of motherhood and school. Last is behavioral. Behavioral stress can include binge or loss of appetite, drug or alcohol abuse, and erratic sleep habits. When a bad day at school or at home happens, mothers tend to self-medicate themselves with food. Why? According to Harvard Health Its because “ The adrenal glands release another hormone called cortisol, and cortisol increases appetite and may also ramp up motivation in general, including the motivation to eat. ” Healthwise this is not good, it makes a mom feel worse than she did before. Another behavioral habit is erratic sleeping. Erratic sleep habits are when someone is having a hard time falling asleep. Once asleep they might be on and off throughout the night. Stress can do quite a bit of harm to one’s body if we do not learn to manage it.

We can manage stress by taking a break, life is to short to stay stressed. Mothers need to be examples for their children. If a mother stays stressed, then their children will start to pick up on the struggles that their parents are facing. Stress is not healthy, especially for kids. Being a mother, all you want is what is best for your child, so its ok to take a break when needed. Let’s take time to laugh. Laughing is the best kind of medicine there is. Jennifer Welsh states that “ Laughter with friends releases endorphins, the brain’s “ feel-good” chemicals. ” Once you activate laughter, it will help relieve your stress response. Another way to help manage stress is by finding a support group. Whether that be a family member, friend, or a full support group. A

support group provides an opportunity for people to share personal experience and feelings to help with different coping strategies.

Mothers say that mothering is incredibly stressful. Since school has begun, mothers have had to learn how to manage their time between school and family. So, learning what stress can do physically and emotionally, this paper should give some insight on how to manage stress that accrues in a student mothers life. As a mother keep everything prioritized and acknowledge feelings. Even though a mom has stress, try to make life fun and work around it.