

Stress management tips for college students

[Business](#), [Management](#)



Stress Management Tips for College Students

Being a student can be a very an exciting time - with loads of new friends, clubs, courses and experiences with the new semester, there's a lot to look forward to and enjoy; however, there can also be a lot of pressures with juggling part-time jobs, assignments and exams and essays. Trying to manage all these things at once can cause students a lot of stress. We believe with appropriate focus and following stress management tips for college students, you can be in much better shape.

According to Dr. Forbes, " Stress occurs when your tension level exceeds your energy level, resulting in an overloaded feeling and as long as our available energy exceeds our tension level, then we're in an okay state". Dr. Forbes says. " But if energy is low and tensions are higher, then that can result in a state of anxiety, depression, and feeling overwhelmed."

David S. Walonick explains in his article that " short-term stress has served a useful purpose in our survival. Long-term stress, however, involves increasingly higher levels of prolonged and uninterrupted stress. The body adapts to the stress by gradually adjusting its baseline to higher and higher levels." It might not seem like it when you're feeling down, but living a more stress free life is possible. If you're not careful, working too hard and worrying too much can lead to " burnout" - when everything seems bleak and you have nothing left to give.

There are some really easy ways to beat stress effectively. Here are some of the stress management tips for college students:

1. Eat a Healthy Diet

Eating fresh fruit and vegetables is really important. Studies have found that juices filled with vitamin C, such as orange or grapefruit juice, are good for your immune system and can help with stress.

When you're busy and tired it can be tempting just to grab another pizza or ready meal, but cooking from scratch can be therapeutic as well as being healthier.

Stress Management Tips for College Students

2. Exercise

Exercising once a week is a proven way to reduce students stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels but it's even better to work out intensively. Even if you don't feel like it at the time you will feel the benefits afterwards.

Joining a sports club could also help with stress as the regular contact with other people should help relieve your stress.

3. Meditation

It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels. If you've never tried meditation before, it's worth a go.

Good breathing techniques can put you in a more relaxed state as they send oxygen surging through your bloodstream, helping to calm you down and beat the stress.

4. Take a break!

Short breaks between working can help you switch off. But longer breaks are important too.

How about taking the weekend off to relax? Make time for fun and for yourself even if this means that you have to schedule time away from your work.

You'll hopefully come back to your work feeling fresh.

5. Sleep (and sign off Facebook)

Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.

As students we tend to spend too much time on social media sites and answering emails, texts and phone calls. Sociability is fun – but too much of it, and too much computer time, can lead to more stress.

Failing to switch off from work because of your electronic gadgets will only make you even more stressed.

6. Use our site

Don't forget that our site is also here to help support you through the pressured times; our essay writing and exam preparation services are designed to relieve you of the stress of preparing an assignment while getting you the highest possible marks. Visit our site to find out more.

How do you manage stress? Share your tips in the comments section below

To modify or extend any essay or to get pricing on a custom essay

Contact Us Today