Taming College Stress

Identify Your Stressors

**Academics**
- Poor grades, falling behind, intimidated by professor

**Emotional**
- Homesickness
- Relationship issues with friend, significant other, family

**Out of Balance**
- Struggle with time-management, procrastination, prioritizing
- Poor sleep and eating schedule

**Other**
- Family or life stress (medical, financial)

Keys to Managing Stress

**Take control:**
- Set realistic goals, make a plan that is balanced.

**Get support:**
- Talk to friends, family and use campus resources.

**Take care of yourself:**
- Exercising, sleeping and eating well will help counteract insomnia, tension and fatigue.
- Include relaxation and fun in your schedule to help keep you in balance.
- Meditation, prayer, yoga, progressive relaxation or imagery can help with anxiety and worry.
- Recognize when your thoughts are negative and replace them with positive ones.

UNC Resources to Help Reduce Stress

**Campus Recreation**
Check out the wide range of fitness classes, intramural sports and clubs, and outdoor recreation activities

**Counseling and Psychological Services (CAPS)**
Walk-in Hours: M-F 9am-12pm, 1pm-4pm.
Check out these links from CAPS:
- Relaxation audio files
- Meditation and Mindfulness
- Mindful Body Awareness

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