

# 7 WAYS TO MANAGE COLLEGE STRESS

College can be one of the most stressful times in a person's life. There are many pressures college students experience. The sources and intensities vary from person to person, but it is essential for you to learn to handle it or else it could be devastating. These tips might help!

## 1 Work Out!

Even though you may find it difficult to muster up the energy to get active, a minimum of 20 minutes of exercise a day will do wonders! Try to find something you enjoy rather than making exercise aversive.

## 2 Sleep

This may sound straightforward, but as you begin having more and more commitments, it's easy to miss out on something so essential. You need to recharge if you want to succeed!

## 3 Keep Your Passions

It can be easy to forget what you're passionate about when most of your time goes to studying and work. It's important to remember your "Why" and to make sure you do the things you love!

## 4 Eat Well

As unfortunate as it may be, it's easier and usually cheaper to eat unhealthy foods than to make the effort to make a healthy meal. You need good nourishment to be the best version of yourself!

## 5 Get Organized

One of the biggest stressors is the feeling of the lack of time. With a calendar or to do list, you can conceptualize and plan exactly what you need to do daily, making your tasks more approachable.

## TALK TO SOMEONE

WHEN YOU'RE FEELING THE WEIGHT OF THE WORLD ON YOUR SHOULDERS, SOMETIMES JUST EXPRESSING YOUR STRESS TO SOMEONE CAN HELP YOU MANAGE IT. CONTACT A FRIEND, FAMILY MEMBER OR EVEN A COUNSELOR!

## 7 Enjoy Yourself

College is a time in your life that will offer you experiences that may never present themselves to you again. You are in a discovery phase. Don't deny yourself the possibility of new experiences. Remember to enjoy yourself, it will all work out.

