STRESSED OUT?
Stress is a normal response to events that make you feel threatened or upset your balance. When you’re body senses “danger” its defenses turn on.

Stress can be beneficial because it keeps you

- Alert
- Focused
- Energetic
- Can save your life in emergency situations

At a certain level stress stops being helpful and affects

- Health
- Mood
- Productivity
- Relationships
- Quality of Life
Signs that your stress is under control

• When I feel agitated, I know how to quickly calm myself
• I can easily let go of anger
• I can turn to others at work/school to help calm me down
• When I come home at night I feel alert and relaxed
• I am seldom distracted or moody
• I am able to recognize when others are upset
• When my energy is low, I know how to boost it
Signs that your stress is out of control

Cognitive Symptoms
• Problems with memory and focus
• Inability to concentrate
• Constant worrying

Emotional Symptoms
• Moodiness
• Short Temper
• Feeling overwhelmed
• Depression or Sense of Isolation

Physical Symptoms
• Aches
• Diarrhea or Constipation
• Nausea
• Chest Pain, Rapid Heartbeat
• Frequent Colds
• Loss of sex drive

Behavioral Symptoms
• Sleep deprivation
• Neglecting Responsibilities
• Eating more or less than usual
• Nervous Habits
• Using alcohol or substances to relax
Dealing with Stress

**Solidify your support network**
Students with a strong support network of friends and family often cope with stress better than those who are isolated.

**Have a positive attitude & be confident**
Those who have a positive attitude & confidence in their ability to endure challenges are less likely to feel overwhelmed by stressful situations.

**Don’t let emotions get the best of you**
You will be better prepared to face stress if you know how to recognize your emotions and soothe yourself when you feel sad, angry, or afraid.

**Be prepared. Get organized.**
The more information you have about difficult situations the easier it will be to cope. Stay on top of your studies. Master the art of planning and time management. Use a planner.
When stress is overwhelming...

Utilize stress management techniques
• Guided Meditation
• Progressive Muscle Relaxation
• Deep Breathing
• Massage
• Exercise
• Music
• Journaling

Ask for help!
• Visit Counseling and Psychological Services www.fau.edu/counseling
• Attend a De-Stressed Workshop, Visit the Stress Oasis, Get Stress Balls & Aromatherapy at the Office of Health & Wellness Education www.fau.edu/owlscare

Brought to you by:

wellness@fau.edu  |  (561) 297-1048  |  www.fau.edu/
dear stress,
let’s break up.

I THINK IT'S STRESS!!

I ONLY HAVE TO WRITE ONE PAPER BEFORE CLASS IN AN HOUR