



Stress

Too many pressures and demands on your time? Losing sleep worrying? Eating on the run? We all experience stress at times, but chronic stress or stress overload can lead to major problems.

Fresno City College Psychological Services
SC RM 216(Above the Bookstore)
(559) 442-4600 ext. 8055, 8056,8749

If You are Experiencing any of these Symptoms, Stress may be Affecting your Health:

- Problems falling asleep or staying asleep
- Feeling constantly pressured or hassled
- Unexplained headaches or body aches
- Racing heart and/or high blood pressure
- Tight muscles or muscle pain
- Upset stomach, constipation or diarrhea
- Getting sick more often than normal
- Trouble concentrating and/or remembering
- Irritability, negativity or lack of energy
- Compulsive eating or not eating at all
- Using tobacco, alcohol or other drugs to cope with how you feel

Quick, Easy and Effective Ways to Deal with Stress and Diminish its Negative Effects:

- Practice Deep Breathing – breathe in slowly through the nose, hold for as long as comfortable, and breath out slowly through the mouth. *As you breathe, picture yourself breathing in comfort & relaxation and breathing out discomfort & tension.* Repeat 5 to 10 times.
- Close your eyes for 5-10 minutes and picture yourself in a favorite calm relaxing place
- Take a brisk walk
- Spend time with a favorite pet

Adopt some or all of these Healthy Life Habits to Improve Your Ability to Cope with Stress:

- Exercise regularly
- Eat a well balanced diet
- Routinely get a good night's sleep
- Learn how to relax
- Prioritize what you need to do
- Learn to say "no" to lower priority activities
- Learn to recognize the causes of your stress and make changes where you can
- Avoid caffeine if you can - especially during the second half of your day

More Stress Reducing Ideas:

- Learn new ways to relax your body (yoga, muscle relaxation exercises, massage, aromatherapy, meditation, tai chi, etc.)
- Keep a schedule – plan your time to include time for study, exercise, friends and work
- Participate regularly in activities for relaxation and fun - find a hobby you love
- Don't neglect your personal life. Appreciate the people important to you - Connect
- Avoid using alcohol or other drugs to relieve stress (it doesn't help in the long run)
- During difficult times ask for help
- Talk with a friend, family member or counselor about how you're feeling
- Write down your thoughts in a journal
- Volunteer to help others
- Watch your attitude and outlook
- Practice thinking more positively – learn to stop negative thoughts
- Listen to relaxing music
- Find ways to laugh more often

Some stress problems can be extreme and may require special attention and care. If you feel you may need extra help in dealing with your stress-please see your College Student Health & Psychological Services or Health Care Provider .

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