

# STRESS MANAGEMENT TIPS



# FOR *STUDENTS*

*We know student life can be stressful and we want to offer ways to help you manage that stress. Remember, help is always available when things feel too tough to handle.*

## Know how stress affects you.

### A typical stress reaction may include:

- temporary difficulty concentrating
- irritability and anger
- fatigue
- stomachache and
- difficulty sleeping

\* Make a mental note of these warning signs, you never know when a friend may need your support and a connection to help\*

### Signs to watch out for:

- an ongoing/overwhelming worry that keeps you from living everyday life
- excessive irritability and anger
- significant changes in your energy level, eating patterns, or sleep
- not finding enjoyment in things you normally love
- feelings of hopelessness
- thoughts of self-injury or suicide



If you're feeling this way, please know you are not alone and help is at your fingertips.

**Call 1-800-273-TALK (8255) or text Got5U to 741741**

to connect with trained crisis counselors.



Office of  
Mental Health



## Practicing these stress management tips routinely can help you manage stress effectively:



**Get organized.** Consider using a planner, calendar, or other organizational tool to help you keep track of what you have on your plate. Having all your commitments laid out in front of you can help reduce stress.



**Practice good self-care.** Move your body. Get outside. Eat healthy foods. Get enough Sleep.



**Avoid using substances to cope with your stress.**



**Reach out to your support networks.** Isolation and loneliness feeds anxiety. Stay connected with family, friends, faith-based communities, and social organizations. Consider joining cultural organizations or groups that provide a sense of community and access to resources.



**Connect with school-based supports.** Schools usually offer counseling and wellness services to support student emotional health and wellbeing.



**Find or create spaces that are not focused on school.** You're more than just a student. Have fun! Find time to do the things that make you feel good.



**Savor small positive moments.** Focusing on the good things that happen to you each day can rewire your brain to think more positively. Take a daily note about the small moments that made you smile.



**Practice mindfulness.** Things like meditation, grounding exercises and deep breathing can be helpful when you're overwhelmed.



**Check in on your friends.** Chances are, you're not the only one feeling the pressure of school stresses. Relating to peers can help.



**Remind yourself, the end is in sight!** These academic years don't last forever, and your current school stressors are temporary. Your hard work will pay off!

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**Stay connected to services.** If you're a student who lives with a mental health diagnosis, the stress of managing school while maintaining mental wellness can be tough. Stay connected to your mental health provider and stay honest about how you're doing.

### Need Help?

**National Suicide Prevention Lifeline:**  
1-800-273-8255

**Crisis Text Line:**  
Text Got5U to 741741

**NY Project HOPE Emotional Support Line:**  
1-844-863-9314

**The Trevor Project:**  
1-866-488-7386, or text START to 678678

**Trans Lifeline:**  
1-877-565-8860

**The NYS Domestic and Sexual Violence Hotline:**  
Call: 800-942-6906 | Text: 844-997-2121 | Chat: [opdv.ny.gov](https://www.opdv.ny.gov)