

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
- 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 988 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 another 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 support. 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!

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?

988 Suicide & Crisis Lifeline:

Call or text 988 | Chat: 988lifeline.org/chat

Crisis Text Line:

Text Got5U to 741-741

The Trevor Project:

Call 1-866-488-7386 | Text START to 678678

Trans Lifeline:

Call 1-877-565-8860

The NYS Domestic and Sexual Violence Hotline:

Call 800-942-6906 | Text: 844-997-2121 | Chat: opdv.ny.gov