DIY Do-It-Yourself Managing Stress

Stress is a normal and expected part of every student’s experience. Knowing ways to manage your stress will help you cope during challenging times.

**Awareness**

- Situations & internal thoughts may create stress for you stemming from – financial worries, work/school & family responsibilities, personal relationships, doubts, self-criticism, etc.
- Make it a priority to address your stress – effective management will keep it from negatively affecting your health, academics, and relationships.
- Recognize the part of the situation you can control and the part you can't, and focus on your part.

**Prevention**

- Organize - stay organized by keeping a calendar (including study time and breaks). Manage your budget, and get help from [OneStop](http://onespot.umn.edu) or [Boynton Health Service](http://boynton.umn.edu) if needed.
- Plan & Prioritize – look ahead, prioritize tasks, and create a schedule to complete tasks.
- Engage – resist the temptation to put things off for "later" - stay current with course readings, papers, and assignments.
- Self-care – make time for your personal health: get adequate rest & exercise, eat well, limit alcohol and tobacco use. “Unplug” from your phone and computer for an hour each day.
- Relax – make time to do the things that relax you, even when you feel too busy – go for a walk, meditate, listen to music, connect with family or friends.

**Early Intervention**

- If you start to feel stressed out, Take Five: sit quietly with eyes closed, breathe in for 5 seconds, hold for 5 seconds, exhale for 5 seconds, repeat 5 times. Or go to [www.donothingfor2minutes.com](http://www.donothingfor2minutes.com) and relax while enjoying an ocean view at sunset.
- Take 5 minutes to phone a friend or take a quick walk outside.
- Overwhelmed? Consider the following for resources and support:
  - Student Academic Success Services (SASS) at [www.sass.umn.edu](http://www.sass.umn.edu) to learn efficient and effective study skills, a part of Student Counseling Services (SCS) at [https://counseling.umn.edu/](https://counseling.umn.edu/) which provides personal, academic, and career counseling.
  - Student Mental Health at [www.mentalhealth.umn.edu](http://www.mentalhealth.umn.edu) for more strategies on managing stress.

This resource is brought to you by the [Student Conflict Resolution Center](https://conflictresolution.umn.edu) at the University of Minnesota.