



## **Tips for Managing Stress**

*Key to managing stress is to remember that stress not inherent in any event; it lies in how we perceive that event.*

“You need enough tension in your violin string to make music, but not so much that the string snaps”.

1. Eliminate “solutions” that impair your health such as tranquilizers, sleeping pills, alcohol and cigarettes.
2. Recognize short-term solutions such as shouting, crying, or taking a hot bath, to be what they are – *short-term*.
3. Prioritize your tasks into “essential”, “important”, and “trivial”. Follow that order for completing tasks. Consider dropping all the “trivials”. Take one thing at a time.
4. Try to be happy with a less than perfect performance from yourself.
5. Change your internal language. Instead of saying “I have to...” say “I choose to...”. Instead of getting down on yourself, support yourself the way you would support your best friend.
6. Learn to organize your time. There are many classes and books available on time management.
7. Take care of your body. Eat well, get enough sleep, and exercise regularly.
8. Learn to accept what you cannot change. If the problem is beyond your control now, try to let go of it until you can change it.
9. When you feel stress setting in, observe your body and learn where it hits, what happens first. The earlier you can recognize stress signals, the easier it is to change your behavior and stop the progress of the stress.
10. When you are stressed, choose fight or flight. Hiding your anger is more stressful than expressing it but choose your fights. Make sure it’s worth it.



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11. Work off stress. If you are angry or upset, try to blow off steam physically by running, biking, etc. Physical activity gives you a “fight” out-let for mental stress.
12. Learn relaxation techniques and practice them regularly. Biofeedback, meditation, and counting to ten are useful techniques.
13. Keep a journal. Observe when you are stressed, the causes, your responses and the outcomes. Make some observations about which techniques are most helpful.
14. Share your concern with someone – a friend, a parent, and/or a counselor.
15. Do something for others. Sometimes when you are too distressed, you tend to focus on yourself. When you find this happening, consider doing something for someone else and get your mind off yourself.
16. Develop a hobby or interest that you really enjoy and one which is totally separate from your academic work. Allow yourself to pursue it.
17. Develop preventative, long-term strategies for dealing with stress (i.e., nutrition, relaxation, and regular exercise) and immediate, responsive techniques (i.e., assertiveness training) to deal with events and episodes that come up.
18. Don’t wait for the “When you can relax” - learn to relax now, before that day comes.

