10 TIPS FOR DEALING WITH STRESS

1. **Talk** about it. Let friends and family know when you are experiencing stress. Talk to classmates and professors about academic stress. Isolating or facing it alone is usually more stressful and difficult.

2. Vigorous **exercise** (i.e. running, swimming, biking) for at least 20 minutes 3-5 times/week. Please see your Dr. before engaging in an exercise regimen for the 1st time.

3. **Sleep** is critical. One of the best things you can do to reduce stress is to get 7-8 hours of sleep per night. Not getting enough sleep can aggravate symptoms of stress.

4. **Relaxation** techniques. Breathing exercises, **meditation**, progressive muscle relaxation, yoga, massage, etc. all have been shown to greatly reduce stress if performed regularly.

5. Use of **Substances**. Alcohol, caffeine, nicotine, illegal drugs and some over-the-counter drugs can all increase stress. Monitor what you use and consider cutting back when necessary.

6. **Medication**. Many effective medications are available for those suffering from stress that is linked to a diagnosable anxiety disorder. Please see a professional for details.

7. Learn your **triggers**. When you feel stressed, take a moment and think about what is bothering you. Write it down and start a list. This list can be used to target problems to be worked on, or to anticipate and handle stressful situations better.

8. Consider **counseling** if stress is unbearable or continues for more than 1 week. Counseling is free for students at UB. See our address and phone # above.

9. Use **problem solving** strategies. Write down each problem. Break up problems into smaller parts and address them one step at a time. Ask for help from others (i.e. use teamwork!).

10. Use **Rewards** when goals are achieved or for making it though a stressful period of time. Come up with a list of things that you find rewarding. Make sure you reward yourself with them regularly.