STRESS MANAGEMENT

Students face a wide range of stressors: grades, applications, work, finances, friendships, and family relationships. Managing these stressors is necessary for students to succeed both in their personal and academic lives.

Manage Time Effectively:
Most of the stress that students face is a product of poor time management. Some quick tips for effective time management are included below:

- **Eliminate Distractions**: When approaching homework (or other tasks), separate yourself from potential distractions. Turn off your phone and find a quiet space to work. By limiting interruptions and distractions, you’ll be able to work more efficiently.
- **Prioritize Tasks**: Work on assignments with the closest deadlines first. Ensure that you give yourself the appropriate amount of time for larger assignments.
- **Schedule Breaks**: Do not try to work too hard for too long—your work and efficiency will suffer. Schedule times when you can take short breaks to revitalize your mind and adhere to your schedule. Do not take breaks that have not been scheduled.

More tips on time management can be found in support services’ “Time Management” handout.

Maintain Mental & Physical Health:
Although it can be difficult to schedule time for your mental and physical health, it’s extremely important. The healthier you feel, the easier it will be to manage your stress. Here are some pointers:

- Find time to exercise. Go for a run or walk. Exercise induces endorphin production in your brain, which will help you feel more confident and less stressed.
- Find time to talk to friends and family. Allow yourself opportunities to vent and blow off steam.
- Do your best to stay hydrated and maintain a healthy diet. Research suggests that proper hydration and a healthy diet are key to reducing stress.
- Spend time doing activities you enjoy. Giving yourself quick, fun breaks will help you reduce stress and refocus on your work.

Find Help from Others:
Don’t be afraid to find help when you start feeling overwhelmed. The university offers a variety of support services for students who are struggling and taking advantage of these resources can help you reduce stress.
Some of the university’s key support services, and their individual websites, are included below. If you’re unfamiliar with any of the services, check their websites to see how they can help you.

- Academic Performance Center (tutoring.dixie.edu)
  - Biofeedback Lab: Biofeedback is the process of controlling physiological functions (breathing, heart rate, etc.) to reduce feelings of stress. To schedule a biofeedback appointment, contact the Academic Performance Center directly.
- Disabilities Resource Center (drcenter.dixie.edu)
- Health & Counseling Center (wellness.dixie.edu)
- Help Desk (helpdesk.dixie.edu)
- Math Lab (math.dixie.edu/elab)
- Reference Desk (library.dixie.edu)
- Writing Center (writingcenter.dixie.edu)

For professional therapy and counseling, contact the Health & Counseling Center.