7 Tips to Help You Embrace Stress

1. **Reflect on your values & goals:** Reflect on your values and goals to use as a reminder of what is important to you. This can help motivate you when feeling overwhelmed. Writing about your values and goals for 10 minutes can help improve your mental health, boost your GPA and help you feel capable of managing your stress.
2. **Manage Your Time:** Use a planner or priorities chart to help schedule your days and time.
3. **Break Down large assignments/tasks into small steps:** If an assignment has you stressed, break it into small steps. Each step you complete is a success, build on your successes to complete the task!
4. **Engage in Self-Care:** Indulge in some "me time" to recharge and refocus. (Using an app like Focus Keeper will help you schedule breaks in your studies.)
5. **Take care of your physical self:** Make sure you eat healthy foods, drink enough water, exercise and get plenty of sleep. Sleep supports memory consolidation and recall, increases your learning abilities, increases muscle growth and tissue repair. Long-term sleep deprivation is associated with overall poor physical and mental health.
6. **Create a Support System of Trustworthy People:** Talk to someone about your stress, most likely one of your friends are worried about the same test you are. Reach out to a University College staff member or visit your faculty during their office hours. Stress helps make you social, you release oxytocin (a stress hormone) when experiencing stress. Oxytocin encourages us to seek social connections/support. It also helps protect the cardiovascular system and strengthens your heart.
7. **Try relaxation techniques:** Engaging in mindfulness help reduce stress. Download a free mindfulness app to help you relax and focus if feeling frozen by your stress level.

College Stress. (n.d). Retrieved January 04, 2019, from https://learningcenter.unc.edu/
Davis, S. (2018, June 28). 10 Powerful Tips to Combat College Anxiety. Retrieved January 04, 2019 from https://academicwritingsuccess.com/