

Managing Stress

Stress is a common part of the university experience. However, there are resources and wellness practices that can help you manage the stress of life and being a student!

RESOURCES

Student Health & Counseling Services in the WELL(www.csus.edu/shcs)

the Centers for Diversity and Inclusion (<https://www.csus.edu/student-affairs/centers-programs/diversity-inclusion/>)

Peer & Academic Resource Center in Lassen Hall (<https://www.csus.edu/student-affairs/centers-programs/peer-academic-resource/>).

Housing and/or food insecurity www.csus.edu/basicneeds to learn more about your options and resources available.”

Wellness Practices

Try some of these practices to help reduce stress:

- *Connect with others:* There is nothing more calming than spending quality time with another human being who makes you feel safe and understood. Face-to-face interaction triggers a cascade of hormones that counteracts the body’s stress response.
- *Pay attention to your body:* While sitting at your desk, laptop, etc., pay attention to bodily sensations, consciously attempting to relax and rid yourself of excess tension.
- *Try Meditation:* Meditating can reduce stress and promote healthy breathing and coping skills. Try a class, video or app on your phone!
- *Move:* When you’re stressed, the last thing you probably feel like doing is getting up and exercising, but physical activity is a huge stress reliever and good for your mind and body!
- *Practice Gratitude:* Try starting a 30-day gratitude journal where you list three things you are grateful for each day without repeating any item throughout the 30-day process.
- *Joy:* Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be playing the piano, riding your bike, crafting or being outside.
- *Sleep:* Make sure you are getting enough sleep to feel healthy, strong and alert. Sleep changes how we view the world!
- *Laugh:* Keep your sense of humor! This includes the ability to laugh at yourself. The act of laughing helps your body combat the negative effects of stress.