

This month's topic is '*Managing Stress*'.



**STRESS IS A  
PERSON'S  
PHYSICAL  
AND  
EMOTIONAL  
RESPONSE  
TO CHANGE.**

### What is Stress?

*Stress* is defined as the pressure experienced by a person in response to the circumstances.

### Causes for Stress

We all react differently to stressful situations. What is stressful to one person may not be stressful to another. For some people, just thinking about something or several small things can cause stress.

Let us examine a few factors that induce stress among students:

- Examinations.
- Poor time management.
- Balancing the demands of a family with education
- Problems at home
- Adjusting to life in a new environment or even a country
- Lack of Planning

## How Too Much Stress Affects Us



**Physically:** The heart pumps faster, making the heart pound and blood pressure rise. Some people experience palpitations.



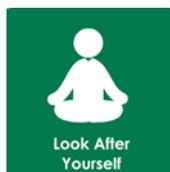
**Mentally:** A certain amount of stress can be mentally stimulating but too much can affect our thinking ability.



**Emotionally:** People respond to stress in many different ways. Common emotional effects are irritability, impatience, anger, frustration, fear and depression.

## How to Manage Stress

The key to success is to **“Think Positively”**. Take control of your stress and anxiety by learning effective techniques to combat it. Relaxing bodily tension in order to reduce the physical sensations of stress is a good place to start. This helps you concentrate and study, take decisions and solve problems.



**Look after Yourself:** Be kind to yourself. Give yourself “me time” in which you can choose what you want to do.

**Confront the Problem:** Try to examine your problems carefully, break it down into manageable parts.



**Exercise:** Sports and physical activity helps you to relax physically and also releases stress levels in the body which produce a real feeling of well-being.



**Express Yourself:** Expressing your feelings either by talking to someone or writing about it, can help relieve stress.

## Stress Management Tips for Students



- ❖ Manage time.
  - ❖ Exercise and get some air.
  - ❖ A healthy lifestyle is essential for students, especially at university level.
  - ❖ Stay positive.
  - ❖ Organize your academic life.
  - ❖ Stop procrastinating.
  - ❖ Take one step at a time.
  - ❖ Don't put too many eggs in one basket
  - ❖ Spend time with friends.
  - ❖ Do something you enjoy.
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- **Every cloud has a silver lining.** - Never feel depressed as difficult times always lead to better days.
  - **Know Your Limitations** – It is most important to know how much you can handle in order to avoid stress.
  - **Courage to say NO** - Is the ability to overcome fear in order to *do* what is Right, even if it is difficult or risky.



**“It's not the load that breaks you down, it's the way you carry it.” - Lou Holtz**



**Resources:**

1. [Article on Managing Stress](#)
2. [10 Ways to Manage College Stress](#)
3. [5 TED TALKS to help you manage stress](#)
4. [Common Causes of Stress in College](#)

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