

## ***Assignment: Stress Management in College***

### **Introduction**

Students are exposed to a plenty of stressors throughout the college studies, from developing distress related to changes in accordance with the college to everyday details like the social burden and work responsibilities. A 2016 survey conducted by the American College of Health Association found that 34.4% of undergrads stated that pressure had adversely affected their academic performance in recent months. Stress was the most common barrier to academic achievement reported by students, trailed by sadness, nervousness, and sleep deprivation.

### **What is a stressor**

A stressor is anything that causes the release of stress hormones. There are two general kinds of stressors. Physiological (or physical) stressors and Psychological Stressors.

#### ***Physiological (or physical) stressors***

These are stressors that put the strain on our body for example exceptionally chilly/hot temperatures, illness, constant sickness or pain).

#### ***Psychological (or mental) Stressors***

These are incidents, circumstances, comments, or anything we translate as intense or threatening for example not being able to achieve better grades or better job opportunities as others).

### **What is stress**

***“Stress is caused by being ‘here’ but wanting to be ‘there’.” ~ Eckhart Tolle***

As explained by Psychology Today, the definition of stress states that it is the concept of the psychological impact of burden and the body's response to stressors. At this point when your body encounters stress, hormones signal the body's involuntary response system, to fight or flight response. This is the body's method for getting ready to address a difficulty immediately or to escape from it. The flight attitude arises your body with hormones that increase heart rate and the flow of blood, intended to enable the body to get a brisk surge of energy, focus of attention and that's only the tip of the iceberg.

Harvard Medical School issues the research that portrays the neighboring instant sequence of hormonal changes and physiological reactions that make somebody fight off or escape from the situation. The body can also overreact to stressors that are not hazardous.

Harvard scientists investigate the origin of the stress response from the part of the brain called the amygdala, which is in charge of handling memory, decision making, and emotional responses. The amygdala alarms the nerve center (hypothalamus), which triggers a surge of epinephrine and cortisol.

Epinephrine: Most individuals perceive this hormone as "adrenaline." it triggers increased lungs and heart movement. The increased blood flow to your brain can make you feel more alert and attentive.

Cortisol: This hormone changes the manner in which you absorb glucose and control blood pressure. During bothersome conditions, Cortisol gives your body the burst of energy likewise in a battle or flight reaction.

## **Stress Management**

Diagnosing which situation is likely to cause stress is just a big portion of the fight. Fortunately, there are numerous techniques that you can avoid from becoming stressed, reducing the amount of stress you feel from specific circumstances, and grow your ability to wipe out stress collectively. Here are a couple of ways that you can adapt to avoid college stress.

### **1. Study Skills**

#### ***Test Preparation***

- a. Make flashcards.
- b. Revise your notes and rearrange them into sections.
- c. Get help if feel you require it, use PASS method and other learning resources.
- d. Try not to cram!
- e. Understand the test pattern.
- f. Get the majority of your questions answered
- g. Verbalize what you grasp, tell or teach the subject to another person.
- h. Notice your problem zones

#### ***Reading***

- a. Read more than once, highlight and take notes also make side notes.
- b. Try not to delay reading assignments till the last possible time.
- c. Review after to reading. Don't read just before going to bed, and don't read in bed.
- d. Focus on key ideas and end of section reviews
- e. Read and understand headings and figures
- f. Make a list of difficult terms

## 2. Time Management

- a. Make a week by week or daily schedule.
- b. Use a schedule or organizer.
- c. Rise up before the schedule to complete tasks.
- d. Reward yourself when tasks are achieved.
- e. Schedule your personal time, so it doesn't gobble up study time.
- f. Read the course outline and make arrangements from it.
- g. Set the to do's according to the priority and timetable and be reasonable!
- h. Fix aside studying/learning hours every day.
- i. Have a spot in the room where all learning takes place
- j. Make or join a library gathering.

## 3. Techniques

An intense routine is one of the stressors that can develop a few more. Consistently having excessive pressure can undoubtedly prompt a lot of stress but fortunately, a hectic routine can effectively be managed. Deal with your remaining task at hand and try to set realistic goals so you don't fatigue or overcommit yourself.

***“Slow down and everything you are chasing will come around and catch you”. ~ John De Paola***

While numerous students swear by staying up until the last moment to compose a paper or prepare for an exam, this definitely prompts stress. Managing a strategic plan from delaying and dealing with your time wisely can shield you from putting in whole the night making up for lost time with the syllabus to digest.

### ***Eat Well***

While junk food and harmful nourishment are inexpensive, easily available, and rich they don't set you up to give a great energy. Make sure to keep your home stocked with a couple of freshly grown fruits and veggies from the ground, and high-protein snacks, and make sure that your principle dinners are solid and adjusted.

### ***Avoid caffeine***

Drinking espresso and caffeinated beverages to fuel your late-night learning capacity will certainly prompt a disaster later on. These energizers increase cortisol levels in the body, expanding the impacts of stress on the body.

### ***Exercise daily***

Not particularly will normally exercise helps keep you well, yet practicing it regularly releases endorphins and enhances mental abilities. Exercise can moreover enable you to relax, which itself can help minimizes stress.

***“You can’t always control what goes on outside, but you can always control what goes on inside.” ~ Wayne Dyer***

### ***Get Enough Sleep***

Taking adequate quality sleep can have a variety of health benefits, including reducing stress and improving mood. You'll additionally be less prone to become ill, have a better memory review, and for the essential part appreciate a clear mind.

### ***Stay Connected to Home***

College more often means leaving dear loved ones behind. This can be very disturbing for students who haven't built up another close friend's circle yet and can lead to depression and a feeling of feeling lost, these two of which can be distressing.

***“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.” ~Fred Rogers***

Despite whether you're down the road or across the country, being far from home can be troublesome at times. Remember to use the communications, email and even video calling to keep in contact with family and friends back at home. A quick visit to mother can heal up the things pretty well.

### ***Get Organized***

Despite the fact that getting organized and remaining composed isn't regularly thought of as a stress treatment, this is a method that can reduce the extra stress you take in your life, and can even be relaxing. By going through an unbelievable clutter, you can reduce it that drains energy, that also can make you have an impact that you're being trapped to death by ducks and can utilize that energy for managing life's more critical difficulties. Read more on being organized and decluttering will eliminate extra anxiety from your life.

## **Stress Stats**

The main 3 psychological health concerns students confront are nervousness, misery, and stress. Community for Collegiate Mental Health 2017 Annual Report

American College Health Association 2017 National College Health Assessment- 45% of students say they encounter "more than normal stress."

American College Health Association - 2017 National College Health Assessment published that 87% of college students reported feeling overwhelmed by all they had to do at least once in the previous year.

## **Conclusion**

Keep in mind that not all stress is terrible for you. sometimes it's worth being thankful for. Stress can push you to achieve in zones that you believed were beyond your reach. It can drive you to do things that end up bring exceptional skills. It can encourage you to study harder, work longer hours, concentrate more on the things that are problematic, and bring your great wellbeing into your own hands.

Being aware of the things that are happening around you can enable you to adapt numerous things during everyday life, including stress and anxiety.

In spite of the fact that there are numerous definitions for mindfulness, the general thought is the same: It is a psychological expression that is focused about the moment, remaining calm, and tolerating and recognizing how you feel, the emotions around you, the thoughts that come into your mind, and alternate things in your internal and external condition.

By "being at the moment" and embracing it, you can lessen or calm stress and anxiety. Truth be told, a little care can work so well that it turns into a lifestyle.

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