



COSUMNES RIVER COLLEGE

Coping With **STRESS**

Managing Stress

Stress is a part of life, but the healthier you are, the better you are able to manage stress when it happens.

Lifelong Coping Strategies

These tips can help you achieve mental and physical balance throughout your life.

Attitude

The way you think about things can make all the difference in how you react to events.

Healthy Eating

Eating healthy foods can help keep your immune system healthy, and help you feel better about yourself.

Spiritual Balance

- Protect your personal freedoms and space
- Take responsibility for your life and feelings
- Maintain good health by eating, exercising, and sleeping

Social Balance

- Always be kind and gentle to yourself
- Don't take responsibility for someone else's behavior
- Find a time and place each day to have complete privacy

Physical Activity

Physical activity provides immediate stress relief as well as long-term stress management.

Sleep

Sleep is as important as nutrition and exercise when preparing for peak performance.

Personal Balance

- Plan for tomorrow, don't put it off until tomorrow!
- When worries start to build up, talk to someone
- Avoid daydreaming when it's time to get stuff done

Academic Balance

- Be present—don't miss classes
- Keep up with reading assignments
- Study difficult (or uninteresting) subjects first
- Avoid visual and auditory distractions
- Allow time to reflect on the information
- Study in a regular place and at a regular time.

Healthy Relationships

Talking with a supportive friend or family member can be helpful in coping with stress.

Alcohol, Tobacco & Drugs

For some, use of substances can be seen as a stress reducer, but it negatively impacts sleep, ability to fight infection, and overall health.

