

# 6 Ways to fight stress

The effects of stress are, well, stressful themselves. Upset stomach, headaches, exhaustion, and difficulty sleeping are common effects of stress, Mayo Clinic reports, as are irritability, restlessness, and depression. The information below showcases some stress management strategies for college students. Take a deep breath and enjoy.

## TALK TO A PROFESSIONAL

FIND OUT WHAT MENTAL HEALTH RESOURCES ARE AVAILABLE THROUGH YOUR SCHOOL. ASK WHAT MENTAL HEALTH SERVICES ARE AVAILABLE FOR YOU.

## MAINTAIN CONNECTIONS WITH OTHERS

MAKE AN EFFORT TO REACH OUT AND CONNECT WITH FAMILY AND FRIENDS DAILY. USING VIDEO CALLS FOR FACE-TO-FACE CONVERSATIONS CAN HELP MAINTAIN YOUR MENTAL HEALTH.

## GET INTO A ROUTINE

keep a schedule for classes and studying, eat meals at a consistent time, and stay physically active.

## WATCH WHAT YOU EAT

It can be easy to eat what you might consider "junk" food during this time but avoid doing so as much as possible.

## EXERCISE

by doing yoga in the morning, walking or biking to campus, or reviewing for tests with a friend while walking on a treadmill at the gym.

## TAKE A PAUSE

making sure to not burn yourself out is crucial. Taking an hour or 2 break can be a great way to refresh the mind and help alleviate anxiety.

