

Managing Life Challenges

All of us will experience challenging events during our lives and college can be a particularly stressful time for many students. With balancing new schedules, attending to studies, and meeting new people, it all can feel like too much to bear. Here is a list of ideas for coping with stress:

Integrating regular exercise into your daily activities is an effective way to manage stress and stay healthy.

Eat regular meals, get adequate sleep, and avoid caffeine and refined sugar.

Structure your time, keep busy, and keep your life as normal as possible.

Talk to people you trust– talk is the most healing medicine.

Spend your time with people you trust.

If you find you are avoiding your feelings with drugs or alcohol, disordered eating, porn addiction, or obsessing about this or that, talk to a counselor.

Help your peers by sharing feelings and checking out how they are doing.

Give yourself permission to feel whatever it is that you are feeling, and talk about your feelings with others.

Keep a journal and “write your way through” those sleepless hours.

Do things that rekindle your spirits – perhaps its being in nature, practicing yoga, baking up something yummy to share, or skyping with an old friend.

Table any big life decisions if you can. Now is not the time to make any big changes in your life.

If you'd like to talk to a counselor, don't hesitate to set up an appointment.