



## University Counselling

# Stress

**“There is too much going on”**

**“How can I get all these assessment tasks done?”**

**“I’m never going to get my degree”**

**“I just want to give up”**

**“Why does this always happen to me?”**

**“I’m losing it”**

**“I’m going to fail”**

**“I can’t handle all this stress”**

**“I wish everyone would leave me alone”**

### **Stress can lead to behaviours that may interfere with your study. You may:**

- Stay in bed
- Miss lectures and tutorials
- Use alcohol or substances
- Study less
- Increase social outings
- Withdraw from friends and family
- Spend too much time on phone, computer or watch too much TV.

Stress is a normal experience for university students. The way you relate to your stress is important. Learn to tolerate uncomfortable thoughts and emotions. It takes practice, but you can learn to deal with stress in a more manageable way, so that it allows you to take action in a positive direction.

- Learn some time management skills. Take a look at our Online Counsellor blog ‘Topics of Interest’ page for tips on how to plan for good study.
- Make some changes – reduce competing demands.
- Lead a healthy lifestyle - eat well, exercise at least three times a week for 30 minutes and get plenty of sleep.
- Make time for fun activities and relaxation.
- Become more self-aware – observe and relate to your thoughts and feelings differently.
- Try labelling your thoughts and emotions, for example, “here is anxiety”, “there’s a worry thought”, and then return to the present by focusing on your breathing or the sounds you can hear.
- Take action in the direction of your goals.
- Acknowledge your achievements, focus on the positives and plan ahead.
- Practice breathing strategies and focus on what you are doing NOW.

### **Help is available**

- Talk to a friend, family member or contact University Counselling.
- Check out the review of helpful Apps on the Online Counsellor blog.

### **Apps**

Search on the App Store or Google Play

#### **Breathe2Relax**

*Practice slowing your breathing down and extending your inhale*

#### **Smiling Mind**

*Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills*