Feeling Stressed?

Are you stressed because of your workload, projects being due, upcoming exams or because you are worrying about what life will be like after Earlham?

Ask yourself the following questions:

- Do minor problems and disappointments upset you excessively?
- Are you unable to stop thinking of your worries?
- Do you feel inadequate or suffer from self-doubt?
- Are you constantly tired?
- Do you get angry over minor problems?
- Have you noticed a change in sleeping or eating patterns?
- Do you suffer from chronic pain, headaches or back aches?
- Are you using drugs or alcohol more?
- Do you have trouble making decisions?
- Have you changed your exercise habits?

If you answered “yes” to most of the above questions, consider the following suggestions for reducing stress:

- Be realistic. If you feel overwhelmed by some activities, learn to say NO!
- Make a priority list then prioritize the list and place your focus on the top few only.
- Take time for yourself and exercise regularly at the Wellness Center.
- Maintain a support system. Share your feelings with family and friends. Don’t try to cope alone.
- Be patient with yourself and go easy on the criticism. You may be expecting too much of yourself and others.
- Choose your own goals rather than letting others choose for you and be more self-directed.
- Become more tolerant and flexible. Accept what you cannot change.
- Live in the present and learn from past experiences.

Stress is a normal emotional, physical and mental response to change regardless of whether the change is for the better or worse.

Tips for Self-Care

1. **Exercise Regularly.**
   Make this a part of your day and it will turn into a healthy habit. Do an exercise that speaks to you. The Wellness Center has varied hours to meet your schedule needs.

2. **Relax each day for 20-30 minutes.**
   Down time is important and something to reward yourself after studying and working hard.

3. **Commit to a balanced diet.**
   Varying your meals as much as possible and keep healthy snacks handy and drink plenty of water.

4. **Create and maintain a routine.**
   If you study, work out and sleep at certain hours, it will be easier to fit in all the things you need to do in a day.

5. **Don’t be afraid to ask for help.**
   Tap into campus resources and reach out to family and friends for support.

6. **Set Goals.**
   You will be more motivated and positive if you give yourself goals to work towards throughout the school year.

7. **Identify the elements that promote burnout in your life.**
   Once you know what these elements are make changes to alleviate them. If you need help identifying what those issues are reach out and make a counseling appointment through Counseling Services.

**Counseling Services Information**

If you want someone to talk to about anything, counseling services is here for you. We’re located on the first floor of EH, in the south portion of the west wing. You can easily access Counseling Service by entering the west door (across from OA and where the elevator is located). You will need your ID card to access the door to the short staircase or the elevator to the first floor. Once there, turn right and you’ll see the door to the waiting area. Our services are free, and walk-ins are welcome, but appointments are recommended to assure a counselor’s availability. You can make an appointment on the counseling website at www.earlham.edu/counseling-services or go to the counseling channel in the theheart.earlham.edu. Both current EC students and MAT/MEd students are welcome. – Jess & Fred