What Are Your Stress Symptoms?

Stress affects us on many levels. The following is a list of stress symptoms that are the most typical reactions to stress. Go through and check all that apply.

**Physical**
- headaches
- weight change
- fatigue
- colds

**Emotional**
- anxiety
- depression
- irritability
- mood swings

**Mental**
- negative attitude
- confusion
- poor concentration
- boredom

**Social**
- isolation
- loneliness
- lashing out
- clamming up

Study your list and recognize your stress reactions and patterns. You can then create a stress management program to address the stressors in your life.

Contact

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Stress

Stress is the body’s non-specific response to any demand made on it. Stress is not synonymous with nervous tension or anxiety. Stress provides the means to express talents and energies and pursue happiness. It can also cause exhaustion and illness, either physical or psychological, heart attacks, and accidents. The important thing to remember about stress is that certain forms are normal and essential.

Where to Find Help

If you are experiencing, or someone you know seems to be experiencing, stress that affects or impairs functioning on a daily basis, seek professional help.

- Talk with a counselor.
- Talk with a health care professional.
- Talk with a pastor or chaplain.

Contact the EIU counseling center at 217-581-3413

The Impact of Stress

Many aspects of college life cause stress and can impact a student’s physical and emotional health. Stress impacts everyone in a unique way and everyone deals with stress differently. College students experience a range of consequences from stress, mild to severe.

Impacts of Stress:

- Lower levels of self esteem
- Weight issues
- Increased dropout rate
- Practice of unhealthy behaviors
- General irritability
- Anxiety/anxious feeling for no specific reason
- Headaches
- Indigestion
- Changes in appetite or sleep pattern
- Pain in neck and/or lower back

How to Reduce Stress in College

College is supposed to be enjoyed, not endured. It is important to keep college stress under control. If you’re a college student facing stress, here are some ways you can maintain good health.

- Create a schedule
  Plan your activities and be sure to allow yourself the time you need to get work done. It’s best to over-estimate than having to pull all-nighters and rushing.

- Regular Exercise
  Walking when you can, taking workout classes, or exercising can elevate your mood, release tension, and keep you healthy.

- Reduce alcohol and drugs
  These substances may increase headaches, decrease coping mechanisms, and add to depression.

- Take Care of Your Body
  Staying up late and living off fast food and energy drinks can sabotage you in the end. Eating right and getting adequate sleep can keep stress away.

- Branch out at School
  Get involved with groups and clubs at school. It can be an excellent remedy for college loneliness and helps to relieve stress.

- Talk to someone about your stressors
  Talk to a trusted friend, family member or colleague to express your feelings.