Learning to recognize when we are stressed helps us know when we need to use our strategies.

• What physical signs do you notice?
• How is your mood affected?
• What things do you do when stressed?

When you have noticed one of the signs, reflect on the source of stress.

• Make a list of your top sources of stress.
• Which of these might be causing your current stress?

We can use strategies to manage our stress and target stress we can change.

• Plan ahead: prevent stress related to procrastination with a clear and set schedule
• Know your strategies: having a list of strategies can help us respond to stress more effectively when it happens

This may be hard, as there is a lot out of our control right now.

• Ask: Can I control this?
• Reframe your perspective and expectations

Use campus resources:
- Counseling & Testing Center
  208-885-6716
- Tutoring & College Success
  uidaho.edu/tcs
- Meet with a Case Manager
  uidaho.edu/vandalcare
- Use well-being resources
  uidaho.edu/staywell

Stress Management Strategies to Try:
- 4-7-8 breathing
- Gratitude
- Meditation
- Journaling
- Talk with friends
- Progressive muscle relaxation
- Take breaks
- Watch something funny
- Play a game
- Make a to-do list
- Cuddle a pet

Let go of what you can’t control.

Live well.