

# STRESS MANAGEMENT

PROCESS AND STRATEGIES FOR ADAPTING TO STRESSFUL TIMES

1

## RECOGNIZE THE SIGNS

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?

2

## IDENTIFY THE SOURCE

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?

3

## MANAGE CONTROLLABLE STRESSORS

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

## 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

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

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## LET GO OF WHAT YOU CAN'T CONTROL

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

