

FEELING STRESSED?

TIPS FOR UNIVERSITY AND COLLEGE STUDENTS



DON'T WAIT FOR IT TO BUILD UP

Built up stress is like waiting for a volcano to erupt. Identifying your goals can help you stay organized.



TALK IT OUT WITH SOMEONE YOU TRUST

Talking it out may not solve the problem, but it can help to release some tension and put things into perspective.



TAKE A BREAK

It can be hard to think when there are too many things on your mind. Allow yourself to take a step back.



ASK FOR HELP

Asking for help can be difficult, and knowing your limitations is important. You may gain some clarity from asking another source.



WORK HARD PLAY HARD

Work-life balance includes taking the time to explore your hobbies.

Doing something you enjoy ensures you have time for yourself.



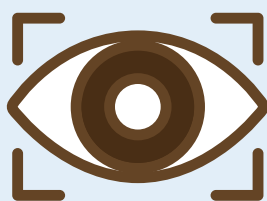
TAKE CARE OF YOURSELF

Stress can be draining on your physical body. Aim to eat healthy meals, get enough sleep, and look after your needs.



CHANGE YOUR FOCUS

When the situation is not something that can be immediately changed, try directing your attention to another task.



EXPLORE YOUR OPTIONS

Reaching a dead end can be frustrating. It's okay to consider starting again or coming up with a different plan for next steps.

