Study Stress

You may feel stressed about starting university, exams, coursework deadlines, or thinking about the future.

Stress is a natural feeling, designed to help you cope in challenging situations. In small amounts it can be good, because it pushes you to work hard and do your best, such as during exams.

But if you're feeling very stressed or feel you cannot manage stress, it can lead to mental health problems such as depression and anxiety. It can also affect your academic performance.

Tips:

- Identify your stressors, and see if there are some things within your control that you could manage better. Some things will be beyond your control, for example working towards deadlines, but perhaps you can control some aspects, such as scheduling your work into manageable chunks.

- Learn calming techniques such as controlled breathing and progressive muscle relaxation, to train your mind and body to become more relaxed.

- Consider whether there is negative thinking which is contributing to your stress. Negative thinking can make us worry more than is necessary, increasing stress, and generally does not motivate us to take positive actions.

- Using problem-solving techniques can be useful, by brainstorming possible solutions, listing the pros and cons of each option and then choosing one to put into action.

If you need further help and support with your mental health and wellbeing, see the Community Garden Shed.