

# STRESS

## > WHAT IS IT?

Stress can be defined as the brain's response to any demand. Many things can trigger this response, including change. Changes can be positive or negative, as well as real or perceived. They may be recurring, short-term, or long-term and may include things like commuting to and from school or work every day, traveling for an annual vacation, or moving to another home.



## TIPS ON MANAGING STRESS

*It's all about balance!*

### SLEEP

A quick nap, going to sleep early or a regular sleep schedule (try 10-20 minutes).



### EXERCISE

Get up and move around! Get involved with GVSU Fitness & Wellness Center. (616) 331-3659



### SUPPORT

Talk with others: friends, family members, roommates and of course the Counseling Center!



### QUIET TIME

Find a few moments of peace and quiet.



### FOOD

Fuel your body by eating something balanced and healthy: fruit, veggies, whole grains and proteins.



### FUN

Be creative with your studying or other tasks during your day.



### SOCIAL TIME

Take a break and see a movie, hang out with friends or spend time in a new place. It's important to have some social time.



### DISTANCE

Take a step back and focus on yourself for a while.



## > TYPES OF STRESS

**ROUTINE STRESS** related to the pressures of work, family and other daily responsibilities.

**NEGATIVE STRESS** brought about by a sudden negative change, such as losing a job, divorce, or illness.

**TRAUMATIC STRESS** experienced in an event like a major accident, war, assault, or a natural disaster where one may be seriously hurt or in danger of being killed.

## Mind over matter

By positive thinking, affirmations, and visual fantasies, you can lower your stress levels. Because stress is often caused by overthinking, changing your thoughts can lead to instant relaxation.



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STRESS



STRESS

Stress;  
everyone's got it.  
Here's some tips to manage it.  
(turn the page)

MANAGEMENT



GRAND VALLEY  
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