Tips for Reducing Stress

- Get up on time – start your day without feeling rushed
- Designate a time and place to do your work and don't change it; expect others to respect it
- Get the facts instead of panicking over assumptions; it may not be as overwhelming as you think
- Minimize interruptions
- Make it clear when you are only available for emergencies and when you have time to visit
- Get help when you need it – you don't have to handle everything alone
- Get organized
- Remind yourself of accomplishments – don't just focus on what has not been done
- Alternate mental and physical tasks
- Look positively at change – don't fear it; change may bring challenge, but it also brings new opportunities
- Reflect on past crises as experiences that helped you to grow and provide proof that you survived

For further assistance, contact:

Counseling Services

To schedule an appointment, call the Health Center at (304) 876-5161 or complete a request form through Ram Pulse at:

https://shepherd.campuslabs.com/engage/submitter/form/collectsubmitteridentity/86415895-9b6d-406e-9920-6c038fcef774