

What Is Stress?



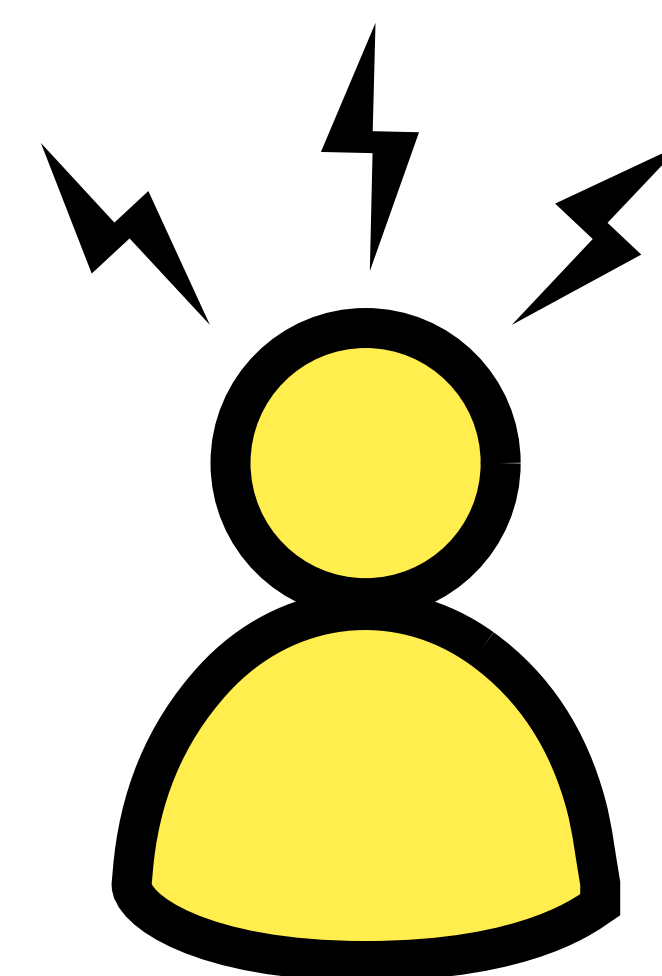
- A normal response to the everyday demands of life
- A feeling of physical or emotional tension in response to a stressor
- Our nervous system reacts to stressors by releasing hormones
- Small doses of stress can help you be productive and meet deadlines
- Long-term stress can be harmful to your health

What Are Stressors?

Stressors are physical, social, or mental events or conditions that force you to adjust to them. They are a natural part of life.

Stressors can be:

- Course work
- Tuition costs
- Starting a new job
- Roommates
- Intimate relationships
- An injury or illness
- Discrimination



STRESS BUSTERS

How do you cope with stress?

How do I bounce back?

Resiliency refers to traits or characteristics that allow you to cope and thrive under pressure. It's your ability to bounce back after a challenge.

You can build resilience by:

- Changing how you think - accept that things change and take an optimistic view. Remember that your failures do not determine your worth.
- Changing how you react - reach out for help, do things to build your self-confidence, and take care of your health.

Where can I go for help?

- Student Mental Health Services
- Academic Support Services
- Stride workshops
- nool



Post-Secondary Student Helpline

