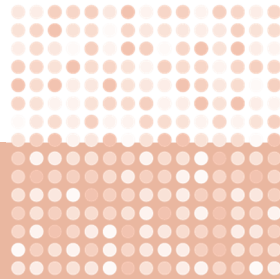




GLION SELF-HELP SERIES

# Mental Wellbeing



## Stress management

Read about this topic & understand  
what you are experiencing, as well  
as tips on how to manage it.



Stress is a normal human reaction that affects everyone with emotional and physical effects and can create positive or negative feelings. It could help or restrain us depending on how we react to its effect or how we perceive it. Positive stress, or pressure, provides anticipation and excitement. Long term stress could affect you negatively both physically and emotionally. Find the optimal level of stress that you need to perform well and motivate yourself, but not a stress level that may overwhelm you. There is no stress barometer, everyone is different on how it will affect them and the causes of stress. Some people may suffer from stress in a particular situation, when others won't. Your aim is not to get rid of stress, but to learn how to manage it and how to use it in a helpful way.



## TIPS & TECHNIQUES



### PRACTICE SELF-ACCEPTANCE

Can you avoid or eliminate it? Set out the time and energy necessary to make a change. Identify things that provoke an overreaction because you see them as absolutely critical. Reassess stress as something you can manage rather than something that overwhelms you.

Think positively and avoid constant thinking about negative aspects.

Take deep breaths, it will bring your heart rate back to normal. Relaxation can reduce the tension in your muscle.

Medication could help in the short term to moderate the physical reactions to stress. If you find you face challenges managing the stress in your life, or feelings of being overwhelmed, then seek help from the campus health teams.



Eat well and balanced and try to maintain your ideal weight.

Avoid stimulants: nicotine, caffeine, etc.

Take a break in your study and manage time to relax.

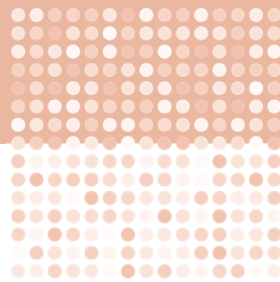
Respect your sleep need. Try guided meditations to relax at bedtime.

Develop friendships and share your thoughts with supportive persons.



OTHER GUIDES IN THE  
GLION SELF-HELP SERIES

- Anger management
- Anxiety
- Assertiveness
- Confidence
- Constructive criticism
- Coping with homesickness
- Depression
- Developing purpose
- Emotional Intelligence
- Enjoy what you have
- Exam anxiety
- Frustration
- How to be happy
- Learning from mistakes
- Loneliness
- Looking after yourself
- Managing conflict
- Managing conflict
- Motivation
- Negative thinking
- Overcoming procrastination
- Perfectionism
- Planning and prioritizing
- Public speaking
- anxiety
- Regaining control
- Relationship break-up
- Self-confidence
- Setting into university
- Stress management
- Time management
- Worried about someone



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