Tips
Practice Yoga
Massage Therapy
Meditation
Adequate sleep
Deep Breathing
Pet therapy
Walking
Listening to relaxing music/sounds
Adequate exercise

Helpful Apps:
Self-Help for Anxiety Management (SAM)
Amwell: Live Doctor Visit Now

Relax & Rest Guided Meditations

Healthy PSU
Visit the Healthy PSU website for more tips on how to live stress free
www.plymouth.edu/healthy-psu

Stress Management for College Students

By: Sophia Pagliarani, Mariah Rasmussen, Kara MacDonald, Dimitri Giannnos
**Facts about Stress Management**

**Definition of Stress:**
A state of mental/emotional strain or tension resulting from adverse or very demanding circumstances

**Physical Symptoms:**
- Muscle Tension
- Colds/other illnesses
- High Blood Pressure
- Indigestion
- Ulcers
- Difficulty Sleeping
- Fatigue
- Headaches
- Backaches

**Emotional Symptoms:**
- Depression
- Anger
- Fear/Anxiety
- Feeling Overwhelmed
- Mood Swings

**Statistics**
- 80% of college students say they frequently or sometimes experience daily stress
- 9% have seriously considered suicide in the past year
- 77% feel stressed about academics, 74% about grades, 67% about finances, 54% about family/relationships

**Theory: Expectancy Value Theory**
- The Expectancy Value Theory states that the individuals expected behavior outcome and the value that they place on the outcome predict that individual’s motivation toward the behavior
- According to this theory, you are more likely to manage stress effectively if you believe that you can. Believe in yourself!

**Resources**

**Programs offered at PSU:**
- Meditation Mondays – Mondays 12:20-12:45pm in Frost Commons, no pre-registration necessary. Everyone is welcome.

**Stress Management Services in Community:**
- The Common Man Spa – Offers massage therapy and other services (In Plymouth)
- Body Solutions Therapy – Natural therapies and services (In Plymouth)
- Natural Change – Massage therapy and hypnosis (In Plymouth)
- Take Time To Heal – Offers Therapeutic Relaxation & Pregnancy Massage, by appointment only (located in Plymouth)

I think I can..I think I can...!