

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



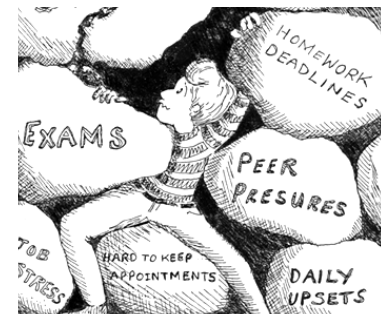
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Healthy PSU

Visit the Healthy PSU website for
more tips on how to live stress
free

www.plymouth.edu/healthy-psu

Stress Management for College Students



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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:

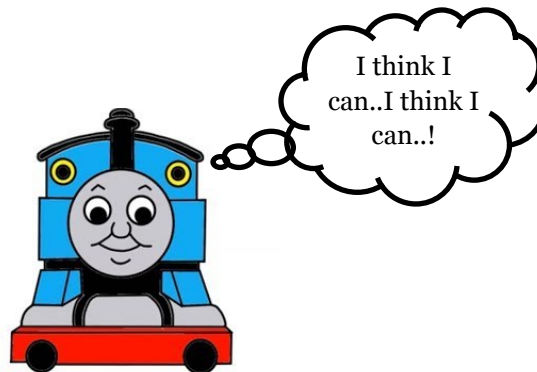
- Depression
- Anger
- Fear/Anxiety
- Feeling Overwhelmed
- Mood Swings

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)