

Stress Management

It's Monday morning and you have been up all night studying for a Humanities exam you have later this afternoon. Your eyes are having trouble focusing and there is an odd buzzing in your ears. As you pour what must be your hundredth cup of coffee, your preschooler bursts into the room, ecstatic over the outfit she has chosen for today – red shirt, yellow skirt, blue socks (with sandals) and a bright pink bow in her hair. Despite your protestations, she screams louder and louder as you ask her to

sleeplessness, recurrent headaches, lack of concentration, depressions, anxiety and a host of other problems that Augusta Technical College students know only too well.

Understanding the causes of stress can help you thwart its symptoms.

The usual concerns that affect each of us — school, money, family, housing, the future, transitions and so forth — affect each of us differently and to different degrees. Learning to recognize

materials are available that instruct you on meditation, progressive relaxation and other anti-stress techniques; locate these materials and learn from them.

Think positively

We often undermine ourselves with negative thoughts. A positive attitude dramatically improves all aspects of your life.

Talk things over

Sharing your feelings with family, friends and fellow students can help dramatically.