



Student Wellbeing

Stress

High levels of stress can lead to behaviours that may interfere with your daily activities, friendships and study.

You may:

- Stay in bed
- Miss lectures and tutorials
- Use alcohol or substances
- Study less
- Feel increasingly exhausted
- Withdraw from friends and family
- Spend too much time on phone, computer or watch too much TV.

Stress is a normal experience for students. However, too much stress over a long period of time can have a negative impact on our functioning.

The way you relate to your stress is important.

Learn to tolerate uncomfortable thoughts and emotions.

It takes practice, but you can learn to deal with stress in a more manageable way, so that it allows you to take action in a positive direction.

Tips for managing stress

- Work on your time management skills to increase productivity and reduce stress and procrastination.
- Consider whether you can make changes to your daily schedule, or cut out any unnecessary demands that are causing you stress. This may mean saying “no” some of the time.
- Lead a healthy lifestyle - eat well, exercise at least three times a week for 30 minutes and get plenty of sleep.
- Make time for fun activities and relaxation.
- Become more self-aware – observe and relate to your thoughts and feelings differently.
- Try labelling your thoughts and emotions, for example, “here is anxiety”, “there’s a worry thought”, and then return to the present by focusing on your breathing or the sounds you can hear.
- Plan ahead, set priorities and take action in the direction of your goals.
- Acknowledge your achievements, focus on the positives and plan ahead.
- Practice breathing strategies and focus on what you are doing NOW.

Help is available

- Talk to a family member or friend and they may be able to help you seek professional support.
- Or contact us at Student Wellbeing



Online resources:

Beyond Blue
KidsHelpline

Apps:

Search on app store or
google play

Smiling Mind



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