



CARES

Come sit with us!



Counseling Center
Bowling Green State University

BGSU Counseling Center

November 2016

Managing Stress and Anxiety!

- ◆ 80% of college students say they frequently or sometimes experience daily stress
- ◆ Anxiety disorders are the most common mental illness in the U.S., and the most common mental health problem on college campuses
- ◆ 58% of college campuses have seen a rise in anxiety disorders
- ◆ In one study, 60% of college students reported that severe stress interfered with their ability to complete their schoolwork more often than once



Signs of stress/anxiety

- ◆ Trouble concentrating
- ◆ Irritability
- ◆ Sweating
- ◆ Trouble sleeping
- ◆ Shortness of breath
- ◆ Irregular heartbeat
- ◆ Muscle tension and pain
- ◆ Headaches
- ◆ Upset stomach or diarrhea



Sources of stress

- ◆ Environment– noise, traffic, weather, pollution, crowding
- ◆ Physiological– illness, injury, hormones, inadequate sleep or nutrition
- ◆ Thoughts– the way you think affects how you respond, negative self-talk, perfectionism, catastrophizing
- ◆ Social Stressors– financial problems, work demands, social events, losing a loved one, conflicts

Upcoming Events:

Nov. 1 Native American Heritage kick-off celebration 5:30-7pm @ Mileti Alumni Center
Nov. 8 Election Day
Nov. 9 –10 The Tunnel of Oppression 10:00am-10:00pm @ 201 BTSU
Nov. 11 Veteran's Day
Nov. 16 GRIT activity in BTSU from 11:30-1:30
Nov. 17 Not In Our Town Peace March at Noon (meet @ corner of Main/Wooster)

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

What can I do to manage stress/anxiety better?

- ◆ Develop a balanced lifestyle (sleep, food, exercise, work, school, recreation)
- ◆ Engage with others socially and build relationships with others
- ◆ Engage in physical activity to help relieve tension, anger or frustration
- ◆ Avoid unnecessary stress by distancing yourself from people/things that contribute to stress, and learn to say "no" if you have hit your limit
- ◆ Adapt to the stressor by changing how you view it or deal with it
- ◆ Make time for FUN and RELAXATION! Nurture and take care of yourself

