Stress can be detrimental to our physical and psychological health. It may also manifest in our environments and with our relationships. Therefore, managing stress is very important to maintain health and wellness. Although there is no miracle cure for stress, identifying stressors in your life will allow you to implement strategies to manage them. Below is a list of common stressors associated with college life and potential solutions to reduce your stress.

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Solution</th>
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| **Information Overload:** the amount of material seems overwhelming, i.e., the number and size of class assignments; spacing of exams and assignment due dates | ➢ Break up tasks into manageable chunks  
➢ Re-evaluate your time management plan  
➢ Consider reducing your course load  
➢ Form a study group for support and assistance |
| **Mismatch in Learning Modalities:** the teaching method and the students' learning style do not match | ➢ Use coping strategies  
➢ Form a study group |
| **Stress Carriers:** peers are also overwhelmed, causing more feelings of stress among the group | ➢ Find more supportive and positive friends  
➢ Seek counseling services |
| **Self-Doubts:** pressures both internal and external may cause one to doubt abilities, i.e., high expectations; family pressures; concerns about career choices, class presentations, exam grades, and academic competition | ➢ Practice taking tests  
➢ Avoid cramming  
➢ Use positive self-talk  
➢ Take a stress management course  
➢ Practice relaxation exercises  
➢ Seek counseling services |
| **Interpersonal Relationships:** includes stressors such as family conflicts, love decisions, social pressures, family responsibilities, sexual pressures and fears, religious conflicts, job conflicts | ➢ Talk to family and friends  
➢ Examine values and priorities  
➢ Seek counseling services |
| **Intrapersonal Conflicts:** includes stressors such as social anonymity, loneliness, depression, anxiety | ➢ Participate in campus activities  
➢ Join post-secondary organizations  
➢ Volunteer your services  
➢ Seek counseling services |
| **Financial Concerns:** financial responsibilities, management, and decisions may be a source of stress | ➢ Investigate school loans, grants, and scholarships  
➢ Share expenses  
➢ Cut expenses  
➢ Seek additional employment |

Adapted from [http://www.cas.lsu.edu/](http://www.cas.lsu.edu/).