Anxiety & College Students

It’s no secret that stress affects people. You feel emotionally drained and it can even make you very tense. So what is so stressful about college? What do we have to worry about?

The results from the National Stress in America Survey says that young adults, like us, feel stress more than any other age group. One of the most stressful things students experience is dealing with the transition from high school, work or even the military to college. In these situations, most people are given a structured schedule, whereas college comes with the freedom of creating your own schedule and managing your time. With this new time management comes the stress of finding balance between school, work, relationships and a social life. Students also worry about maintaining a healthy body weight and getting enough exercise. Keep in mind that there is no cure for stress. However, finding techniques that work for you can minimize how stress affects your body. In doing so you can improve your health, increase productivity, increase your happiness, sleep better, and improve your satisfaction in life!

Even Wizards Get Stressed!

In the Harry Potter novels and movies, each student is “sorted” into a Hogwarts House that suits their personality. The key to maintaining stress is to understand yourself. But most importantly you need to focus on knowing your personality, your behaviors, your habits, your stress triggers, and your relaxation methods. Listed below are some unique stress relief tips for each personality!

- **RAVENCLAW**— Make a mantra. Write it out. Take a tea or coffee break. Be kind with yourself. Take a walk. Try not to overthink. Find a favorite poem or quote.
- **EVERYONE**— Don’t stress about stress! Surround yourself with positive people. Pamper yourself. Play your music loud. Make a sleep schedule. Take a break from social media. SMILE.