Are you so distressed that you have recurrent thoughts of suicide or death and/or do you have impulses to commit violence? 

Do you have any of these problems:
- Anxiety
- Nervousness
- Crying spells
- Difficulties sleeping
- Confusion about how to handle your problems; feeling overwhelmed
- Withdrawing from friends and family
- Academic problems due to stress
- Using alcohol or other drugs to cope
- Flashbacks, haunted by painful memories
- Irritability, moodiness
- Feeling emotionally numb or detached
- Depression

911 or The Center for Counseling and Student Development-328-6661

College years can be great fun, but they can also bring a lot of stress. Adjusting to new surroundings, people, and expectations, academic/social/financial demands, making choices about the future, relationship difficulties, and other stressors can add up.

Stress is the way you react to changes. High stress levels can make you less productive and can even increase your chances of getting an illness. Find positive ways to deal with your stress and seek help when needed.

Self-Care:
Take care of yourself. Manage your time and avoid procrastinating. Eat healthy meals that give you the maximum amount of energy. Get plenty of rest. Enjoy regular exercise. Avoid caffeine, alcohol, and other drugs. Don’t over-commit yourself. Balance social and academic obligations. Make a list of stressors and focus on reducing them one at a time. Help others. Laugh. Set time aside for “me” everyday. Take a break. Listen to music. It’s okay to cry. Learn new ways to accept things. Prepare for stressful situations. See the “big” picture. Talk with someone.