

# Dealing with Stress

## Advice from Students

- Priyanka** Working out or playing sports relieves stress. You should have incentives after your homework is done: go out, talk with a friend, read for pleasure, have fun. You could try a workshop on stress reduction offered by the Counseling Center.
- Evelyn** I work out to relieve stress. Before a test I practice breathing techniques. If I'm still anxious during a test I chew some gum.
- Kamilah** I read "Love Is ..." in the newspaper every day. It makes me smile.
- Alana** To control stress and remain positive, I call people in my family or my boyfriend. They'll usually talk to me and make me feel comfortable about any situation.

- Teayonia** I go to church, participate in positive activities, and surround myself with positive people.
- Tyesa** I stay in constant contact with my adviser...I also gain support from older students as well as my positive peers.
- Terrell** I play a favorite game or joke around with my friends. A good laugh can help relieve stress.
- Sandra** I study as much as possible until I have an adequate understanding. Then I don't think about my studies while I'm doing other activities.