

# Dealing with

# STRESS

## Common Effects of Stress

### On your body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems

### On your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

### On your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol misuse
- Tobacco use
- Social withdrawal
- Exercising less often

## Strategies for Coping with Stress

### Set realistic goals

Set realistic expectations and deadlines. Adjust your goals as needed. Collaborate with your peers to help identify realistic expectations.

### Make a priority list

Prepare a list of tasks and rank them in order of priority. Throughout the day, check your master list and work on tasks in priority order.

### Protect your time

For especially difficult projects, block time to work without interruption. Break large projects into smaller steps. Follow your typical routine.

# KEEPING PERSPECTIVE

- **Get other points of view.** Talk with trusted VCU faculty/staff, friends, classmates and family about issues you're facing. They could provide insights or offer suggestions for coping. Simply talking about a stressor can be a relief.
- **Take a break.** Even a few minutes of personal time can be refreshing. Try to take breaks from thinking about COVID-19, school and work.
- **Have an outlet.** To prevent burnout, set aside time for activities you enjoy. Even with social distancing you can find things to do. For example, instead of going to the gym, do at-home workouts by following YouTube videos. Instead of going out in public with friends, set up Facetime/Google Hangout dates.
- **Take care of yourself.** Be vigilant about taking care of your health. Include physical activity in your daily routine, get plenty of sleep and eat a healthy diet. If you feel sick, stay home and consult with a physician. VCU Health <https://health.students.vcu.edu/> Monroe Park Campus: (804) 828-8828 & MCV:(804) 828-9220

## Resources

- Students can still speak to a counselor at VCU Counseling Center over the phone. Monroe Park Campus: (804) 828-6200 & MCV (804) 828-3964
- [COVID-19 & Coping](#)
- [VCU COVID-19 Website](#)
- [CDC COVID-19 Website](#)
- [Tips for Managing Stress](#)
- [College Anxiety and Depression](#)
- [Home Workouts](#)
- [8 Tips on How to Study at Home](#)