

Stress Busters for College Students



1. Be realistic about what you can get done in the time you have: Don't sacrifice too much sleep to study.

2. Take a short break at least every two hours. After two hours of studying we learn and remember less than if we take frequent breaks.

3. Take three deep breaths and repeat a calming phrase to yourself: "One thing at a time," "My best will be good enough," "Calm down," etc. Deep slow breathing is one of our best defenses against stress overload.

4. If worry is interfering with studying, mentally yell "Stop!" or "Not Now," to stop the flow of thoughts. Then focus on your breathing, gradually slowing and deepening it. Repeat calming phrases until calmer.

5. Notice your stress level on a scale of 0 to 10, 10 being the highest. When you are above 5, do something right then to calm yourself: take a short walk, laugh, listen to music, listen to a relaxation recording, call a friend, take a power nap, etc.

6. Focus on one thing at a time and then consciously transition to a different task. Say to yourself: "I'm done studying Calculus. Now I'm going to focus on my Biology test."

7. Prepare mentally to take your exams by listening to the relaxation recording, "A Walk to the BYU Testing Center," on our website under Performance Rehearsal: <http://ccc.byu.edu/counseling/skills.php>

8. Take a few minutes once in awhile to reassess where you are and adjust your priorities for use of time and energy as you go: Spending less time on less important exams, take a nap when needed, etc.

9. Get out of your head and into your senses while walking to and from school and across campus. Notice the people, scenery, sounds, smells, etc. Enjoy the mountains or sky. Give yourself a break from thinking.

10. Take 10 minutes or more to relax deeply at bedtime to help get to sleep and wake more refreshed. Use relaxation skills, Yoga, relaxation recordings, music, calming thoughts, etc, to help you relax.

11. Take a break to try the Relaxation/Biofeedback computer program in the Academic Success Center, WSC 2590. It will help you calm down, focus better, and recharge your batteries.

12. Take time to eat regularly for brain power and energy.

Visit our website:
ccc.byu.edu/counseling/stresslab.php
for free relaxation mp3s or call
(801) 422-3035 to make a
biofeedback appointment.