

How to manage stress in your daily life

Stress is often described as a feeling that causes tension, nervousness, anxiety, lack of interest and feeling like a failure. Here are some healthy and efficient methods to manage stress.

RECOGNIZE THE WARNING SIGNS

When you are stressed you might be experiencing some or all of these feelings: a rapid heartbeat (tachycardia), stomach ache, breathing difficulty, sweating, headache, dizziness, feverish, anxiety, and nervousness.

IDENTIFY THE SITUATIONS THAT CAUSE ANXIETY

Some situations may cause stress, for example the examination period or deadlines. The first step is to identify these situations and then prepare yourself accordingly to cope with them.

ESTABLISH A ROUTINE

Keeping to your daily routine (good eating habits, sleep, physical exercise, university life) helps to manage stress better.

PRACTISE YOUR RELAXATION TECHNIQUES & ACTIVITIES

Breathing techniques: take deep breaths when you experience severe anxiety (inhale through nose and exhale through the mouth). You can sign up for yoga classes, go for walks in nature or do any other activities that help you relax, such as listening to music.

SPEND TIME WITH YOUR FRIENDS AND FAMILY

Do not wait until you are overwhelmed. If you are experiencing persistent anxiety symptoms, ask for help.

TURN NEGATIVE THOUGHTS INTO POSITIVE ONES

Examples of negative thoughts that can be turned into positive ones:

Negative thoughts		
I can't catch up with my studying	I don't understand anything	I will fail
Positive thoughts		
I can organise my study time. This will help me study better.	Revise systematically and this can help me understand better.	Despite the anxiety I am feeling, I can pass my exams.

If you would like to speak with a specialist or you need help with your studying methods, you can contact Frederick University's Counselling Centre.

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