



Stress

What is stress?

Stress is your body's response to changes that create taxing demands. Stress is not always a bad thing. In life, we experience eustress (positive stress) and distress (negative stress). When you perceive a situation, event, or problem that exceeds your resources or abilities, that is when you experience distress.

Symptoms of STRESS



COGNITIVE

- Memory problems
- Lack of concentration
- Poor judgement
- Seeing only the negative
- Trouble of thinking clearly
- Constant worrying



PHYSICAL

- Sleep disturbances
- Fatigue
- Irregular heartbeats
- Weight gain or loss
- Sweaty palms and hands
- Back, shoulder and neck pain



EMOTIONAL

- Nervousness
- Frustration
- Moodiness
- Anger
- Restlessness



RELATIONAL

- Conflict with course-mates friends
- Increased argument
- Isolation from social activities
- Overreactions

How to deal with STRESS



Healthy Relationships

A circle of support that help you to recharge your energy and mind.



Practice Deep breathing

Practice it as long as it takes until it becomes a habit for you.



Mindfulness

A state of mind where we are fully present, aware of where we are and what we're doing. You may find some at the Online Resources for your practice.



Action Plan

Identify your stressor, solutions and resources – Be aware of the changes and check whether you are reacting or responding to them. Be resourceful and seek help from your support system.



Healthy lifestyle

Workout or take a half-an-hour exercise at least twice per week to maintain a study-life balance.



Keep a Journal

Putting your thoughts and feelings into words may help you to further explore and clarify them.

Helping a friend with Stress

ASK

the person about his/her needs and concerns and

LISTEN

ENCOURAGE

the person to return to previous normal activities, (eg. at college/ university, at home and socially).

REFER

to we-care member, peer counselling volunteers (PCV), lecturers, counselling & wellness unit.

References:

Recognizing and Responding to Students in Distress: A faculty handbook. The Campus Suicide Prevention Centre of Virginia 2012
National Health & Morbidity Survey 2015 Volume II: Non-Communicable diseases, risk factors & other health problems. Institute of Public Health, Ministry of Health, Malaysia 2015
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