



Managing Academic **STRESS**

Some stress is healthy and necessary for motivation. However, excess levels of stress can lead to anxiety, burnout, and overall negative effects. Follow the tips below to manage stress and let it propel you towards success!

Change the **Situation**

Recognize what is causing you stress. Reevaluate your workload. Prioritize tasks by identifying what is most urgent and important. From there, make a plan to accomplish that work in order of importance. Be realistic about what you can get done. Focus on what works well for you.

Change Your **Perception**

How you talk to yourself matters! When negative thoughts arise, ask yourself, “Is this true? Is this helpful?” Doing so will allow you to monitor and challenge unhelpful thoughts. Consider recruiting the help of someone you trust or an [Academic Success Coach](#) to talk through it.

Change Your Ability to **Manage**

Eating well, getting outside, exercising, relaxing, and engaging with friends and faculty are all activities that will recharge you and enhance your ability to deal with stress. Don't hesitate to seek more support from [Aggie Wellness](#) and the [CAPS office](#).

