

# HOW TO MANAGE STRESS

It is bound to happen,  
so why not know how to deal with it?



**Recognize what it is that is stressing you out.**



**Make a schedule.**

Organize a time to work on school, finish other requirements, and also have fun. Take evenings to relax and prepare for the next day of responsibilities.



**Use a support system.**

Use friends and family members as a support system to encourage you!



**Take a moment to focus on yourself.**

Whether it is a Sonic run, a coffee break, going for a walk, doing a workout, or even a Netflix episode as a break!



**Make a point for rest.**

For our age group, we are meant to get 7 - 9 hours of sleep! You do better when you are well rested! Caffeine does not equal sleep!



**Use resources.**

Tutoring, Advising, and other resources are available to students through Kansas State! Counseling Services is here for you!



**Remember stress can come from more than just class.**

It can be general mental health, personal issues, relationship problems, and so much more that causes stress and can negatively affect you. So figure out how to properly handle stress to be your best self.