



## Academic Success Coach's Tip for Success

### Taming the Stress Monster: A Few Simple Stress Management Techniques

Stress can feel all-consuming and prevent you from performing your best. We all know nursing school can be very stressful. So, what can you do to tame the stress monster and get control over your life?

Notice when you first start feeling stressed: headache, tight shoulder muscles, anxiety, negative thoughts, tearful, not sleeping well, upset stomach, etc. Right then, take a moment to pause and take several deep breaths. Breathe in through your nose for the count of 5 and exhale through your mouth for the count of 5. Do this for 6 rounds.

Now gently ask yourself "what is bothering me?"

Listen from your heart. Let your older wise self respond with compassion. Give yourself a pep talk addressing yourself by name:

"Deb, you can do this. You do not actually have to read every word. You know how to organize your time so you will get it done."

"Deb, you have been in tighter spots before and you will come through this. You are capable. You got this! You are okay!"

Remember, you cannot control most things, but you can change how you think about them.

Shifting your thoughts to supportive and positive ones will help turn off the stress response.

Reframe the current situation to see the positive potential it holds.

#### To help reduce stress:

1. Exercise daily
2. Eat healthy choices
3. Get 7-8 hours of sleep
4. Drink your water
5. Take a little time for you each day

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