Stress Management Issue!

These last few weeks of class can be stressful, and learning how to increase awareness of and manage stressors is an important part of your college experience. Take proactive steps now to get to know your stress and situations that evoke it. Stress is not inherently bad—it can tell us valuable information about ourselves, our environment, and our thoughts. Do not ignore your stress; become it’s friend. Start doing so now, and you will be in a better position to anticipate and control stressors in the future, rather than passively allowing your stressors to control you.

Guest Column: Bill Tennill: FREAKING OUT!!!

A recent survey of American Freshman (“The American Freshman: National Norms Fall 2010”) found that the emotional health of college freshmen had declined to the lowest level since the annual survey started 25 years ago. The stresses of being a college student have evolved in recent years. In addition to the stresses of balancing academic, extra-curricular and social life, college students now are facing more economic stressors and taking on more responsibilities. There is pressure to put on the perfect face and many students may feel that they are alone in handling all these responsibilities.

In order to succeed in college, and later in one’s career, one has to be able to manage a multitude of stressors effectively. This week’s workshop on stress management looked at stress and how it can lead to physical and emotional illness. Participants learned how to recognize indicators of high stress, various strategies to reduce stress and walk away with concrete ideas for implementing their own personal stress reduction program.

Bill Tennill is the Director of the Illinois College Templeton Counseling Center. Contact the TCC at 217.245.3073; website: http://www.ic.edu/counseling.
Some Steps You Can Take Right Now to Reduce Stress

Coping with Stress Checklist

- Write jumbled thoughts down to help organize them
- Talk to a friend you can trust to vent and release your stress
- Do things you enjoy — working too much can result in burnout
- Talk a walk, exercise, play a fun game that requires you to move
- Work to create a support network of people you can count on and confide in
- Talk to a counselor or therapist to gain new insights and techniques to cope with stressors
- Engage in mindful breathing exercises — sit and focus on slow and deep breaths for five minutes
- Utilize positive self-talk — with practice, you can drastically reduce negative thoughts and feelings
- Sleep seven to eight hours a night and do not skip meals

TRiO Tip of the Week

“How we perceive a situation and how we react to it is the basis of our stress. If you focus on the negative in any situation, you can expect high stress levels. However, if you try and see the good in the situation, your stress levels will greatly diminish.” ~ Catherine Pulsifer

Contribute to the Tribune!

Tell us your stories!!

Students are the collective conscience of Illinois College. The individual voices give meaning and purpose to the school as a whole. Therefore, consider contributing your voice. What are your successes, obstacles, and challenges as an IC student?

The only requirement is that you be yourself.

Contact Jason Stalides — jason.stalides@ic.edu, 217-291-1621 — for more information!

Next Issue:

Making Positive Changes!

The elements of choice.

Learn the steps to make and commit to positive changes.

Tips on how to not only talk-the-talk, but also walk-the-walk.

Why enacting changes can be challenging.

And more!