STRESS MANAGEMENT IN HIGHER EDUCATION

By:

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Stress can be defined as arousal of mind and body in response to demands made on them.
TYPES OF STRESS

1. NEUSTRESS
2. DISTRESS OR NEGATIVE STRESS
3. POSITIVE STRESS
Leaving home
Leaving familiar friends and community surroundings
Entering a living arrangement - very different from home
Developing new friends and acquaintances
Becoming accustomed to new class organizations and teaching styles that are different from high school.
Facing greater academic competition than in high school.
MANAGING STRESS

- Awareness of the nature and efforts of stress-positive, negative and neutral
- Management of self-talk
- Practice effective techniques for eliciting the relaxation response
- Maintain effective health buffers (exercise, nutrition and sleep)
- Manage time and change
- Participating in strong, stable and supportive social networks.