

Did You Know? A bimonthly column from:
Dr. Valerie Dripchak, PhD/LCSW
Student Assistance Counselor
Room# 236 Telephone# 236-9817

Stress is a natural part of life. Some stress is actually good for us and helps us to concentrate and achieve what we want. Too much stress, however, may cause physical, emotional, cognitive, and behavioral problems. It may affect our health, energy, and relationships. Here are some symptoms of too much stress:

- *Headaches
- *Neck or shoulder pain
- *Skin rashes
- *Stomach pain
- *Sudden sweating
- *Frequent colds or flu
- *Poor concentration
- *Difficulty sleeping
- *Being tired all the time
- *Crankiness
- *Feeling anxious
- *Being overwhelmed

Everyone handles stress differently, but we all need to learn to manage stress in our lives. Here are some suggestions:

- *Be realistic. Don't take on more than you can handle.
- *Take one thing at a time.
- *Learn how to relax with exercise, meditation, deep breathing, and yoga.
- *Reward yourself.
- *Seek support from your family, friends, and ***your student assistance counselor. Please remember that the services are free and confidential.***