



## The Top Ten List of **WAYS TO STAY STRESSED!**

- **Never exercise:** Exercise wastes a lot of time that could be spent worrying.
- **Eat anything you want:** A balanced diet means nothing.
- **Take plenty of stimulants:** The old standards of caffeine, nicotine, sugar and cola or Mountain Dew and lots of it, will continue to do the job just fine.
- **Procrastinate:** Putting things off to the very last second always produces a fantastic amount of stress.
- **Become not only a perfectionist, but set impossibly high standards...and beat yourself up with negative self-talk, feel guilty, depressed discouraged, and/or inadequate when you don't meet them.**
- **Become a workaholic:** Put work before everything else in your life, and remind yourself that fun and play is ridiculous.
- **Discard good time management skills:** Schedule in more activities and responsibilities than you can possibly get done, and then worry about it all whenever you get the chance. And, oh yes, throw away the daily planner and keep everything sorted and filed in your head.
- **Males and females alike-be strong: Never, ever ask for help, and if you want it done right, do it yourself!**
- **Throw out your sense of humor:** Staying stressed is no laughing matter, and it shouldn't be treated as one.
- **Get rid of your social support system:** Let the few friends who are willing to tolerate you, and wait for you to spend time with them, know that you will concern yourself with friendships only if you have time, and well, you probably will just never have time.

WAYNE STATE UNIVERSITY  
COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

**Managing and Responding to Stress Constructively**

- Prioritize: Take care of those things which must be attended to now.
- Journaling your feelings and experiences can be an excellent way of helping to identify the things which trigger stress responses in you. It also helps you to identify the ways in which you typically respond to stress and the extent to which those responses are helpful; and evaluate new responses.
- Create a file in which you keep a list of your accomplishments, special notes from friends or colleagues, or inspiring words. Read a message from the file when you want or need to remind yourself of what you have done and how others feel about you.
- Social time: Plan to take some time out to spend with friends or family.
- Time outs for relaxation: Take time out to participate in activities that you find relaxing. Read the paper, take a long walk, get a massage etc.
- Exercise and eat regular, well-balanced meals. Regular exercise and healthy eating habits are key to preventing and reducing stress.
- Ask for help before things become overwhelming.

Resources for Students

- ~ Counseling & Psychological Services (CAPS) – (313) 577-3398
- ~ WSU Psychological Clinic – (313) 577-2840
- ~ Detroit Receiving Hospital: Crises Center (24hrs)–(313) 745-3546
- ~ Campus Health Center (Nurse Mary White) - (313) 577-5041
- ~ Academic Success Center – (313) 577-3165
- ~ Career Services – (313) 577-3390
- ~ Mort Harris Recreation and Fitness Center- (313) 577-2328
- ~ Academic Advising: Call your academic advisor about adjusting your class schedule.

Websites for Stress Management:

CAPS has a section on stress under the ‘Knowledge Center’ tab.

<http://www.caps.wayne.edu/>

The Web's Stress Management & Emotional Wellness Page

<http://www.optimalhealthconcepts.com/Stress>