It that time of year when the anticipation of Spring Break is accompanied by, deadlines, exams, papers and stressed. Stress can manifest itself in a number of different ways, some potential indicators of stress:

- Feeling overwhelmed
- Having difficulty relaxing
- Easily irritated
- Low energy
- Difficulty sleeping
- Headaches
- Upset stomach
- Tense muscles
- Constant worrying
- Forgetfulness
- Inability to focus
- Being pessimistic
- Changes in appetite
- Increase in nervous behaviors

While Stress may be a common response, especially at this time of year, it can also be difficult to manage. The following are some tips that can be helpful in managing symptoms of stress:

- Take a time out- stretch, listen to music, meditate (taking a break from a problem helps to clear your head)
- Eat- maintaining a healthy diet with help improve your overall performance
- Exercise daily- this is a great preventive strategy
- Get enough sleep- when you are stressed, your body may need additional rest
- Practice breathing exercises-
- Maintain a positive attitude
- Manage your time wisely- create a plan and stick to it
- Make time for fun- smiles and laughter is a great stress reliever
- Watch alcohol and drug consumption- these only make matter worse
- Talk to someone

There are also resources available through the PCC that may be beneficial:

- Visit the Mind and Body Lab (call and schedule an appointment 615-322-2571)
- Visit one of our Let's Talk Counselors (drop in)
  - Mondays: Sarratt Center 341, 2:00-4:00pm
  - Tuesdays: Blair 1113B, 2:45-4:45pm
  - Wednesdays: Sarratt Center 315C, 2:15-4:15pm
  - Thursdays: Commons Center 215, 2:45-4:45pm
- Join one of the many process groups offered: https://medschool.vanderbilt.edu/pcc/group-therapy