Managing stress

Supporting you
Looking after yourself and finding time to relax is key to managing your stress levels.

**Try to identify the source of your anxiety**
Is it course related? A relationship? A big event? Find ways to rationalise your beliefs and buffer against negative thinking styles. If something specific is stressing you out, try to break it down into small, achievable tasks you can gradually manage over a fixed number of days.

**Fight your fears**
Don’t put off doing things! Write a list of everything you need to do and plan when to do them. This will help you feel more in control and combat that initial feeling of anxiety you have when starting something.

**Keep fit**
A small amount of exercise everyday goes a long way to reducing tension and stress and releasing good- feeling endorphins. Eating a balanced diet helps too. This includes avoiding caffeine, alcohol and smoking, all of which increase feelings of anxiety.

**Breathing exercises**
Close your eyes and focus on the rise and fall of your chest as you breathe in and out. Count to 5 breathing in and to 8 breathing out (making sure your outer breaths are longer). Focus on your breathing at first then slowly become more aware of your surroundings - scents, sounds, how your body feels, how you’re feeling. Acknowledge your thoughts and feelings but do not judge them or analyse them, accept them as they are and continue breathing. If your mind begins to race focus your attention back down to your breathing. Do this for at least 5 minutes each day.

Progressive muscle relaxation, instructions here (by AnxietyBC): [anxietybc.com/sites/default/files/MuscleRelaxation.pdf](http://anxietybc.com/sites/default/files/MuscleRelaxation.pdf)

More ways to manage stress and anxiety can be found on our wellbeing resources page: [royalholloway.ac.uk/ecampus/welfare/wellbeing/wellbeingadvice.aspx](http://royalholloway.ac.uk/ecampus/welfare/wellbeing/wellbeingadvice.aspx)

If you are worried about stress and wish to seek general advice please contact us at welfare@royalholloway.ac.uk