

For some students, college is the first time that they've experienced certain challenges—first relationship break up, first failing grade, or first major conflict with your parents.

These feelings can be overwhelming to manage initially, but there are coping strategies you can try that will help to feel more in control.

When you start to panic, take a few deep breaths to calm down your physical responses. You can't think clearly if you're hyperventilating or if your heart is beating too quickly.

Figure out what you CANNOT control and then.... **Let it go!**
It doesn't help to worry about things that you can't change in the moment.

Focus on aspects of the problem that you CAN control. Try to problem solve for a few minutes and come up with as many possible **REALISTIC** solutions. Next, look at the benefits and consequences of each one before making your decision and following through on those actions.



HOW TO BOUNCE BACK

FROM DIFFICULT TIMES



FINDING POSITIVE OUTLETS

- Most people who can cope with stress have one thing in common—they have activities they enjoy that provide a healthy outlet to release energy and focus on something positive.
- Watching a favorite movie, going for a walk, listening to music, cooking a family recipe, writing poetry or in a journal, or creating an art project can all help to address stress and tension.
- Don't be afraid to ask others to join you! Bringing a friend to try out a new sport or take a dance class can help you to feel less intimidated.

