

# BALANCING STRESS

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## WHEN STRESS BECOMES TOO MUCH

Balancing schoolwork, friendships, extracurricular activities, and more is challenging! Learning to spot these signs of excess stress can help you adjust your balance in healthy ways. Spot these possible signs that your balance is out of sync:

- 1 Spending a lot of time thinking about stress, or dreading classes and assignments.
- 2 Feeling pressure to overextend your time with activities and commitments.
- 3 Trying to relieve stress in ways that might actually increase it, like drinking a lot.

# HOO

## KNEW ?

90.5% of UVA students talk to friends, family, or others for support.\*

From the February 2017 Health Survey with responses from 1,010 UVA students

Some stress is normal, and it can even help accomplish goals. When stress gets to be too much, using some self-care and scheduling strategies can help maintain balance in life.

## BEING OUR BEST SELVES

When people sync their choices with their values, they devote their time and energy to activities, people, and habits that they care about. Clues that someone is being their best self can include:

- 1 Feeling well rested, energized, and motivated to fulfill their responsibilities.
- 2 Being present in the moment with the people around them.
- 3 Feeling hopeful and positive about the future.



## PLAN YOUR TIME

Intentionally planning how to use time each week can help you meet your goals. It may take a few tries to find what works best for you. Here are some places to start:

- USE A PLANNER** to organize your time and commitments. Set reminders on your phone or use sticky notes to remember important deadlines.
- ESTABLISH DAILY ROUTINES** Map out time for classes, studying, activities, self-care, friends, and fun!
- BE FLEXIBLE** Allow time to fit in impromptu activities, like playing Frisbee or helping a friend.

OFFICE OF HEALTH PROMOTION // DEPARTMENT OF STUDENT HEALTH // UNIVERSITY OF VIRGINIA

## PRIORITIZE SELF-CARE

Taking care of your body on a regular basis allows you to get the most out of your weeks. Here are three ways to work at self-care

- RELAX** Take breaks from schoolwork to rest your mind by doing something active, creative, or joyful.
- RECHARGE** Eat regular meals and plan ahead to go to bed around the same time each night. The CDC recommends at least seven hours of sleep to feel refreshed in the morning.
- CONNECT** Prioritize time to get to know new friends, talk with supportive adults, and do things for others.

## WANT HELP FINDING BALANCE?

### REACH OUT

**Madison House HELP Line : (434) 295-TALK**  
No issue is too big or too small. They're here to listen.

**Counseling and Psychological Services (CAPS) : (434) 243-5150**  
Growth groups can help students tackle stress.

# HOO

## KNEW ?

84.0% of UVA students get enough sleep, rest, or relaxation to feel better.\*

## ADVICE FROM FELLOW HOOS

"Plan catch-up times for the week in case work takes longer than you expect. If you don't have anything to catch up on, use the free time to do something you love!" C.Z., E-School 2020

"Professors understand what it's like to be a student and can help you tackle classes and minimize stress. Go to office hours if an assignment is challenging!" P.S., CLAS 2019

Talk to us at [StallSeatJournal@virginia.edu](mailto:StallSeatJournal@virginia.edu).