



# Stress

## Same day appointments

Monday to Friday

Access through **iPoint**

## Workshops and support groups

See website for details

[hud.ac.uk/wellbeing-disability-services](http://hud.ac.uk/wellbeing-disability-services)

Stress is the body's natural, healthy reaction that helps us to tackle challenging situations in everyday life. Adrenaline is released giving us extra alertness and energy.

You may have heard it called the 'fight or flight' reaction. Not all stress is bad. We need some stress to help us function. Too little can lead to boredom... too much can lead to 'burn out'. The art of stress management is in balancing the two.

This booklet will give you more information on stress and how to manage it.



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Tel. 01484 471001



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## How you may feel

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- Racing heartbeat.
- Sweating.
- Rapid breathing.
- Tense and irritable.
- Guilty for relaxing.
- Unable to make decisions.
- Unable to sleep.
- Insecure.

## Managing stress levels

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Different things cause stress in different people and different people react differently. Often stress results from an accumulation of many different pressures which build up gradually without us noticing.

The key to success is to think positively. Take control. Choose which kinds of experience you expose yourself to. Learn to be aware of your own preferred level of stress and respect it.

## Look after yourself

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Eat well—natural foods and a balanced diet. Rest—do nothing, take a yoga class, spend time with friends, treat yourself to something special (it doesn't have to be expensive)!

## Confront the problem

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Break it down into manageable parts. Talk it through with someone else and brainstorm solutions. Try to manage your time effectively. Avoidance won't help the problem to go away and can often make it worse.

## Find distractions

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Sport and physical activity helps you relax and releases endorphins into the body which create a feeling of wellbeing.

## Express yourself

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Talk about how you're feeling with an adviser or a counsellor... or write about it. Acknowledging a problem to yourself and to others can be the first step in dealing with it.

## Have fun

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One of the best de-stressors is laughter. Not easy we know when you're worried, but trying to see the funny side of things or watching a comedy show on TV can help to unwind.

## Health warning!

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Prolonged exposure to stress can cause physical damage (eg bad digestion, high blood pressure, heart attack, stroke). Bad diet, overeating, alcohol, tranquillisers, caffeine, nicotine, drugs and lack of sleep all hinder the body's natural coping mechanisms.

## Other useful contacts:

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### Wellbeing and Disability Service workshops and support groups

**Web.** [www.hud.ac.uk/wellbeing-disability-services/wellbeing/workshops-support-groups/](http://www.hud.ac.uk/wellbeing-disability-services/wellbeing/workshops-support-groups/)

**Email.** [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)

### Counselling Service

**Tel.** 01484 471001

**Email.** [counselling@hud.ac.uk](mailto:counselling@hud.ac.uk)

### No More Panic

**Web.** [www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)

