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BOOK

Manage your stress

tips from **Clare Wilson**

Why is stress management an important skill for students to master?

Everyone gets stressed sometimes. Developing a range of techniques that allow you to effectively manage your stress not only enhances your enjoyment of your degree (and helps you to more effectively study), it will help you in all areas of your life both now and in the future.

What's the most common mistake students make in this area?

The most common mistake is to believe that your stress is a sign of personal failure, that you should be happier and know what to do. You might believe that other students are not as stressed about their studies, finances, missing home, or feeling as lonely as you are. Yet, most students will struggle with stress at some point in their university studies. Stress feels very personal but is a normal reaction to being in new and challenging environments.

What top tip would you give to students wanting to improve how they manage stress?

Ask for help and experiment until you discover what works best for you. Every source of stress at university has been experienced and coped with by thousands of others, so ask them how they coped, and if what they did doesn't work for you, ask someone else. There's absolutely nothing to be ashamed of and everything to be gained by getting help.