



STRESS MANAGEMENT



1. Everyone has stress and that's not always a bad thing. Stress can be a great motivator to get things done or to make changes that might be needed in your life to create a better quality experience. However when it begins to interfere with accomplishing your daily tasks and responsibilities, it's time to start making changes to alleviate some of that stress before it gets the best of you. Here are some tips to get you started:
<https://www.nami.org/getattachment/Extranet/NAMI-State-Organization-and-NAMI-Affiliate-Leaders/Awareness/AKA/Mental-Health-Fact-Sheets/AKA-NAMI-Managing-Stress.pdf>
2. Looking for some quick ideas? Check out JED for 7 "cards" to provide you with quick tips on managing your stress: <https://www.jedfoundation.org/managing-stress/#card=1>
3. A full guide on stress management including a quiz and some great resources can be found in this Student Guide to Surviving Stress and Anxiety in College & Beyond, by LearnPsychology.org: <https://www.learnpsychology.org/student-stress-anxiety-guide/>
4. For further assistance with stress management, NCCC provides free one on one counseling through our Wellness Center. To set up an appointment to see one of our counselors call 614-6280 or stop by the Wellness Center in C122.
<http://niagaracc.suny.edu/wellness/counseling.php>