

# Stress Management

Success Tips

## What is Stress?

Body's reaction to any change that requires an adjustment or response.

Stress affects everyone.

Not all stress is bad.

There are ways to manage stress.



## Causes of Stress

Academic demands

Test anxiety

Changes in living environment

Post graduation plans

Finances



## Warning Signs

Headaches, fatigue, trouble sleeping

Trouble concentrating, anxious thoughts

Feeling overwhelmed

Irritability



## Tips for Stress

Practice self-care, breathe

Find ways to focus

Seek out social support

Watch your diet, get enough sleep, and engage in health activities



## Wake Tech Resources

Wellness Services  
[wellness.waketech.edu](http://wellness.waketech.edu)

We Care student assistance program for 24/7 support at 800-633-3353

[success.waketech.edu](http://success.waketech.edu)  
[success@waketech.edu](mailto:success@waketech.edu)

