



HOW TO HANDLE ACADEMIC STRESS?

Guía para el manejo de estrés académico.

Adapted from: Faculty of Psychology of the University of Valencia for Tecnológico de Monterrey.



Let's talk about stress

What does stress mean and what tells us that we are stressed?

Stress means pressure or tension. We feel stressed when we feel that the demands of a given situation are beyond our abilities or resources and it may be difficult to "emerge victorious" from it. Stress is good for us insofar as it leads us to exercise and develop our skills and resources, but when it is too intense or prolonged, it can seriously harm us.

"The idea is not to live without stress but to learn to actively and effectively manage potentially stressful situations.

Knowing what stress means in your life, it is now time to identify those key signs that indicate that you are under stress.

Although everyone experiences stress in their own way, we all react by going on alert when we assess a certain situation as difficult: our physiological, mental and emotional state is altered, as well as our behavior. Here are some signs that you may exhibit:

Physiological

accelerated pulse, agitated breathing, digestive problems, among others.

Behavioral

disordered eating and resting habits, alcohol and tobacco consumption.

Cognitive

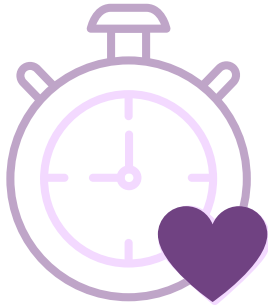
negative thoughts about competition, concentration problems.

Emotional

fear, apprehension, irritability, feeling of helplessness, sadness.

What can you do to keep stress within your limits?

Let's explore some solutions.



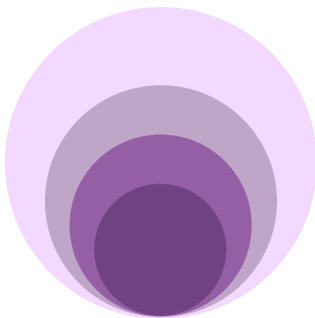
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Respecting the basic rules of healthy living

It is important to allocate time according to one's interests and to prioritize activities.

Learning to live with a "normal" level of stress requires reviewing our expectations and goals: What do I want to achieve? What is the meaning of that goal for me?

When our levels of demand are unrealistic or we set goals that have no real meaning for us, we end up frustrated and under stress.



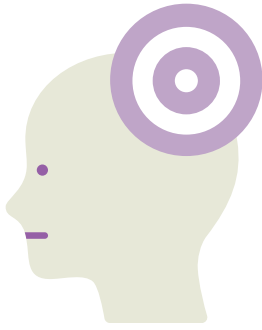
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Attend to and be aware of your experience in the present.

The practice of mindfulness consists of observing what comes to mind from our sensations, our thoughts, and our emotions, without judging it, without repressing it.

To practice it, adopt a resting position and begin to observe every thought or emotion that passes through your mind without repressing it, accepting it as it is and then return your attention to your breathing.

Remember that on the TQueremos website, we have [mindfulness sessions](#) and podcast Cuida tu Mente ([Ep. 28-Is it normal for him to be this stressed?](#)) that can help you with this particular point.



3

Avoidance of thought distortions

Often what we tell ourselves about what is happening to us is distorted in such a way that it threatens us unjustifiably, makes us feel bad and prevents us from responding effectively.

With these distortions oneself, exaggerating the threat of the situation, increases the worry and discomfort. But you can reverse the situation, you can stop and replace these thoughts with more functional ones:

I can't stand it!



It's not pleasant, but I can handle it.

I will never succeed!



This is a challenge and I'm going to make it.

It is useless to try!



I have succeeded in other occasions.



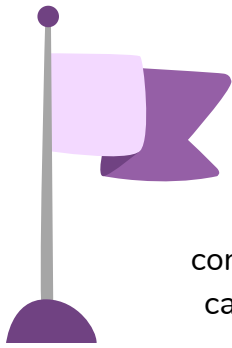
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Organize your time

Organize yourself leaving a reasonable amount of time for study and rest, paying special attention to regular meals and sleep.

The less frustrated your natural needs are, the less additional stress there will be in your life in general and in the face of study situations.

"Remember that learning techniques to relax and concentrate not only improves our mood but increases our productivity and creativity."



5

Respect your own personal limits.

Do not force yourself to study beyond the normal limits of concentration. Observe the maximum time during which you can maintain your concentration and schedule short breaks.

Remember that short and regular study periods are more productive than long sessions because there is a limit to your efficiency and ability to understand and assimilate the material. In case you need more support, remember that you can go to the [Emotional Counseling area of your campus](#). Also, remember that you can call the national hotline TQueremos 800 813 9500 24 hours a day, 365 days a year.

Reflect and do not forget that...



It is important to observe how stress affects you. Test and adapt the strategies we have presented to your particular situation. **More than "controlling" it is about "attending" to your needs and acting accordingly.**



Keep reading and learning!

Scan this code and find additional resources on the TQueremos site.

