**Video 1: Stress Management**

>> Student 3: [deep exhale]

>> Student 2: What’s wrong?

>> Student 3: I don’t know. I know I have homework I can’t remember anything. I just got my first quiz grade back. I got a “D”. A “D”. I don’t even know why, and I know that I’m pretty sure that I have an essay do but I don’t even remember…

>> Student 2: You could ask your professor about that quiz.

>> Student 3: I…I don’t know who the professor.

>> Student 1: Okay, first things first. Have you eaten recently?

>> Student 3: Does coffee count?

>> Both: No

>> Student 1: Here, have some of this.

>> Student 3: Okay, food. I’ll eat.

>> Student 2: I also recommend cutting down on the coffee. Have you slept?

>> Student 3: Hmm… I managed sometime between my morning and afternoon classes today.

>> Student 2: Okay, good that’s something I’d recommend going to sleep earlier tonight though and setting a sleep routine so that you feel better and don’t get sick as often.

>> Student 3: But I have the game tonight.

>> Student 2: Are you playing?

>> Student 3: What?

>> Student 2: Are you in it? Are you needed there?

>> Student 3: No.

>> Student 1: Then you don’t need to go. First you need to learn to say “no” to something. Don’t spread yourself too thin or else you’ll stress yourself out.

>> Student 3: But stress is a normal part of college.

>> Student 1: I think this is a bit much. I mean… you aren’t meant to be stressed for long periods of time. It really wears you out.

>> Student 3: How do you not be stressed in college?

>> Student 1: Well, first learn to say “no” to things that you don’t feel 100% up to. You gotta learn to prioritize both for class and for your health.

>> Student 2: Make room for sleep, organize what you need to do.

>> Student 3: Okay, but y’all are going to need to elaborate on this.

Student 2: Sure, let’s start with organization.

>> Narrator: *Stress is needed in moderation. When used properly, it can give you motivation to reach your goals but when experienced too frequently for long periods of time, it can cause unhealthy psychological (physiological) and emotional responses such as adrenaline, heart rate, hyper-alertness, dilation of eyes, decreased immune system, lower self-esteem, procrastination, substance abuse, muscle pain, headaches, and nausea. If you are experiencing these symptoms, please reach out to Tony Kazan or Cynthia Mauzerall with Learning and Wellness Services.*