

Recognizing When Stress is too Much

Are you able to recognize when stress is getting overwhelming?

When stress and pressure become too intense or overwhelming – or last too long – it can become a problem for your physical and emotional health, disrupt your daily life and have an impact on academic or work performance.

Here are some signs that the stress and pressure are having an impact on your wellness:

- You can't sleep, or are sleeping too much
- You have no appetite or are eating too much even when you are not hungry
- You're experiencing more headaches, muscle aches/tightness, more frequent colds and minor illnesses
- You keep taking deep breaths and feel slightly light headed when you think about everything you need to get done or think about a situation you can't control
- You are frequently irritable, frustrated, angry, impatient and/or anxious
- You often find you can't concentrate and therefore you can't study, pay attention in class or get things done as effectively or as easily as you used to
- You often have the feeling that time is pressuring you
- The feeling of overwhelming stress lasts more than a few days

Again, it is important to remember that stress is a normal part of life, which can be full of problems and pressures.

However, when you can't relieve the stress and pressure you are experiencing and you feel like it's more than the normal stress and pressure that goes with living life and being a student, there are many things you can do to help yourself and improve your frame of mind.

It is important that you Take Care of Yourself! Remember to:

- **Get enough sleep and exercise**
- **Eat a healthy diet**
- **Avoid the use of substances**

Adapted from: <https://www.jedfoundation.org/stress>