

Managing Stress while Learning On-line

Shifting quickly to an on-line college learning environment can present added stress while working to complete the Spring semester. While mild to moderate levels of stress are typical for college students, heightened and prolonged feelings of stress can lead to increased levels of anxiety, depression, and other mental health challenges, as well as medical issues. Adapting to new technologies, feeling less connected to peers and campus supports, and coping with other changes can leave students feeling overwhelmed and not in control. Taking proactive steps to minimize stress is vital to effectively managing the stress that can come from this rapid change while also coping with the stress and worry associated with COVID19. CCSU's Student Wellness Center recommends the following 8 strategies to cope with stress under these unusual circumstances:

1. Know you are not alone and ask for assistance when you start to struggle- we are here to help!
 - Talk to your professor
 - Talk to peers and others you are close to at CCSU
 - Seek out tutors and other campus supports
 - Contact the CCSU Student Wellness Center- you can reach us at 860-832-1926 and we can set up a telehealth session on-line while the campus is closed!
2. Find relaxation and stress reduction techniques that work for you
 - Yoga
 - Meditation
 - Deep breathing
 - Progressive muscle relaxation
 - Mindfulness
 - Music
 - Dance
 - Art
 - Physical activity
3. Bring humor into your day, every day!
4. Stay organized and manage your time
 - Create a timetable that includes all of your activities for the day
 - Set a study schedule
 - Avoid procrastination
 - Take breaks
 - Make a list of tasks you need to complete each day
 - Create a realistic plan that's broken out into smaller, manageable and attainable tasks
 - Create deadlines for each task
5. Create a positive and comfortable work environment with as few distractions as possible
6. Connect with friends and those you are close to you daily using social media (text and video)
7. Stay healthy
 - Get enough sleep
 - Eat well
 - Exercise
 - Practice social distancing
 - Wash your hands frequently and thoroughly, and avoid touching your face
8. Focus on positive thinking
 - Focus on the present and the near future
 - Stay connected with others who are positive and avoid negativity
 - Engage in positive and healthy activities you enjoy
 - Focus on small steps needed to reach your goals
 - ***Have confidence- you can do it!***