

# Managing Stress in College Students

Understanding how to manage and recognize your stress

By Paige Platt, Staff Writer

As the first few months of the semester at Lynn fly by, students are locking in and entering serious study mode as exams and finals are just around the corner.

The other common stressors brought upon college students come with the stress of exams and final presentations. Such as career and future uncertainty, physical and mental health struggles, academic pressure, and financial stress.

“When stress feels overwhelming, I try to approach the situation rationally.” Said Joyce Kessler, a senior at Lynn University. “I often find relief by going to the gym or spending time with friends and family, which helps me refocus on what truly matters. My family is a great source of support, offering valuable advice whenever I need it.”

Stress can be shown mentally and physically. If you are experiencing symptoms of anxiety, burnout, headaches, insomnia, decreased productivity, or lack of concentration, your body may be signaling that you’re under stress.

“I notice that I’m stressed when I get a certain feeling in my stomach, I experience anxiety and tend to push things off,” said Taylor Lassen, a senior at Fau. “I will binge on TV instead of getting something done. That’s how I know I’m stressed, and that’s when I start to plan everything out on my whiteboard to help avoid stress.”

7-9 hours of sleep each night is recommended for quality sleep. Sleep is essential to keep a healthy and less stressful lifestyle. Maintaining a healthy diet and avoiding excessive caffeine and sugar can help avoid stress symptoms.

“I think Lynn provides the adequate resources that we need,” said Tadiwanashe Bangwayo, a senior at Lynn. “They have wellness events, the counseling center, and a great fitness center.”

If you are experiencing overwhelming stress, it is always wise to contact a friend, advisor, or professor who can help you subside your stressors and find a solution that works for you.