

Stress

Is a feeling experienced when an individual perceives that their demands exceed their resources.

Stress is an individual response.

Everybody sees and deals with stress differently.

One usually experiences stress when their normal coping abilities are strained.

Types of stress

Eustress (good stress, motivating)

Distress (bad stress with negative consequences)

Acute stress (stress experienced for a short period of time)

Episodic stress (stress experienced because of one type of reoccurring situation)

Chronic stress (stress experienced for a long period of time)

Change the World

NELSON MANDELA
UNIVERSITY

Enquiries

**Student Counselling, Career and Development
Centre
Nelson Mandela University**

<http://counselling.mandela.ac.za>

counselling@mandela.ac.za



mandela.ac.za

Stress

Stress symptoms

Physical

Headaches
Nausea
Tiredness
Weight gain/loss
Fainting
Frequent illness
Skin irritation
Difficulty breathing
Muscle aches

Emotional

Irritability
Feeling tense
De-motivated
Low self-esteem
Depression
Tearful/emotional
Anger
Fear of failure
Loss of confidence

Mental

Indecisiveness
Memory failure
Worrying
Hasty/poor decision making
Nightmares
Overthinking

Behavioural

Restlessness
Loss/increased appetite
Substance abuse
Lying
Social withdrawal
Accident prone
Pacing

★ Write down 4 symptoms of stress you may experience often

Stress management techniques

Try and avoid unnecessary stress

Be more assertive
If possible, avoid people who unnecessarily stress you out
Prioritise your responsibilities
Time management

Modify the situation

Express your feelings
Be willing to compromise when necessary

Adapt to the stressor

Focus on the positives
Look at the bigger picture
Adjust your standards
Use humour

Learn to accept the things you cannot change

Don't try to control the uncontrollable/inevitable

Embrace a healthy lifestyle

Exercise
Healthy diet
Regular meals
Healthy snacks
Reduce caffeine or sugar intake
Sleep

Set aside relaxation time

Connect with friends/family
Go for a walk
Read a good book
Journal
Listen to music
Watch a movie

Relaxation exercises to consider:

Deep breathing
Progressive muscle relaxation
Mindfulness

⇒ Attend the stress management workshop at Student Counselling.

Understanding our responses to stress and adversity

Many people believe that negative events cause us to act in certain ways; however, research tells us that our reactions are based on our thoughts about the adversity (difficulty) and whether or not we feel able to cope with it.

The ABC's of stress

A = Adversity: the situation or event

B = Beliefs: our explanation about why the situation happened

C = Consequences: our feelings and reactions

(For example: what happens as a result of our beliefs about the situation)

★ Write down 2 things that cause you stress:

★ Write down 2 ways to cope with those triggers and the stress you feel:

Available Resources (Nelson Mandela University)

South Campus: 041 504 2511

North Campus: 041 504 3222

Missionvale Campus: 041 504 1106

Second Avenue Campus: 041 504 3854

George Campus: 044 801 5047

In case of an emergency, please use the following numbers for assistance:

Protection Services: 041 504 2009 or 041 504 3483

Suicide Emergency Line: 0800 567 567 or SMS 31393 for a call back

Life Line: 0861 322 322 (Counselling available 24/7)

SA Anxiety Group 24-hour helpline: 0800 12 13 14

Note: Student Counselling services are confidential, free of charge to registered Mandela students and offered by qualified counsellors and psychologists.