

Life Skills Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Stress is an important dragon to slay – or at least tame – in your life. *Marilu Henner*



Stress can be described in a few ways – as an emotion, a state or condition. Whatever it may be, stress is often not welcomed by many due to the negative thoughts and feelings that follow.

Students, in particular, encounter stress arising from academic demands and expectations. It does not help when other issues raise the stress level a notch higher.

However, the very thing – stress – that can threaten to derail us – is the very same thing that could make us more resilient to take the hard knocks of life, if we learn to handle it well. As the saying (or song) goes, what doesn't kill you makes you stronger!

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Tips on managing stress more effectively:

- ❖ Identify your limit/ threshold before your stress level hits the roof! Safety valve exists for a good reason – it lets off steam before boiling point.
- ❖ Recognise what works for you – and what does not. Individuals combat stress differently. Develop your own way of managing stress, as long as the strategy does not become another set of issue later. For example, drinking may help to relieve stress, but it may lead to other complication if it is frequently employ as a stress management strategy.
- ❖ Refrain from bottling your negative emotion. Share your innermost thoughts and feelings with someone you trust and respect.
- ❖ Be open to learning new ways of looking at issues and creative problem-solving.
- ❖ Stress is part and parcel of life. Dealing and overcoming stress is a journey, not a destination. So be kind and patient with yourself.

