

# MAKE YOUR PERSONAL JOURNEY STRESS FREE



**Stress is a natural feeling**, designed to help you cope in challenging situations. In small amounts it's good, because it pushes you to work hard and do your best, including in exams. Moving into a new environment to start your studies can involve some stressful changes. These might include moving to a new area, meeting new people and managing on a tight budget.

## THINGS THAT CAN HELP WITH STRESS

Short periods of stress are normal, and can often be resolved by something as simple as completing a task or by talking to others and taking time to relax.

- If you feel overwhelmed with your workload or studies **make a to-do list** and identify the most important tasks you need to achieve, complete these and re-access how you feel, **often the thought of everything is much worse than the reality**
- Ensure you're still striking a balance, **take breaks, socialise, relax** with a cup of tea, keep hydrated, **exercise** and ensure you still **prioritise sleep**
- Try not to worry about the future or compare yourself with others Take a break and **do something creative**, focusing on something that you enjoy can help you re-energise
- **Try breathing exercises** to help you relax
- Develop or **reach out to your support network** whether this be to friends, family, tutors or professionals. You can also speak to our Careers and Welfare team, part of our wider Future U Student Support Services offer by emailing: [careers&welfare@ucenmcr.tmc.ac.uk](mailto:careers&welfare@ucenmcr.tmc.ac.uk)

## OTHER RESOURCES

**Be Mindful:** [bemindful.co.uk](http://bemindful.co.uk)

Information about mindfulness and mindfulness based stress reduction.

**Anxiety UK:** [anxietyuk.org.uk](http://anxietyuk.org.uk) or 08444 775 774  
Advice and support for people living with anxiety.