



Stress at the college level

The American College Health Association says that 30 percent of college students feel that stress hurts their academic success. Difficult classes, important exams, internships and jobs, and social events are just a few of the issues that can cause stress for young adults. Georgetown University offers these tips for stressed out students:

- Avoid alcohol, smoking, and other substances. They harm the body and make you feel worse in the long-term.
- Rely on your friends for support or take advantage of counseling services on campus.
- Minimize caffeine intake and make sleep a priority. Most college students need eight hours or more per night. Stick to a regular sleep schedule.
- Write in a journal.
- Find time for fun activities, such as exercise classes or campus events.