STUDENT STRESS CHECKLIST

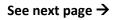
Everyone has stress in their lives for different reasons. Both positive and negative events can be stressful.

Stress is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive, and behavioral changes that are directed either toward altering the stressful event or accommodating its effects. It may also be referred to as distress.

Not all stress is negative – **eustress** is not a negative emotional experience. Some experiences and life events can be exciting and have a positive form of stress called eustress.

Which of the following events have you experienced in the past six months? Which events might you experience in the coming six months?

□ Academic probation	Final exam time
□ Argument with an instructor	Roommate problems
Change in health of a friend/family member	\Box Argument with a family member
Change in living conditions	Applying to graduate school
Change in sleeping or eating habits	Pledging a fraternity/sorority
□ Change in social activities	□ Change in working hours/conditions
Death of a loved one	Lower grade than expected
□ Divorce	🗌 New job
Elected to a leadership position	\Box Too many missed classes
Encounter with the legal system	Financial problems
Increase in course load or difficulty	□ Graduation
Losing a job	Pregnancy
Major personal illness or injury	Getting ready to study abroad
Marriage	🗌 Chronic car trouble
New romance	Long commute
Outstanding achievement	Raising children
Relocation to Tucson	Breakup of a relationship
\square Serious argument with a close friend	Working more than one job
Transition to UA	Declaring a major







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Reflect on the stress in your life:

- Which of the stressors in your life do you control? Which stressors control you?
- What can you do to relieve some of the stress in your life?
- What can you do to lessen the effect that stress has on your well-being?

If you feel like these events are causing significant negative stress, visit the **Stress Management Assessment** activity for further information.

Want to learn more and get support developing your own stress management plan? You can meet with an Academic Skills Tutor for free! For assistance, email <u>thinktank@email.arizona.edu</u> or call the THINK TANK front desk at 520-626-0530.

Seek help if you feel that the stress you are experiencing is unmanageable. It is important to address this problem early before you experience some of the more serious negative consequences, such as physical symptoms.

Counseling and Psychological Services (CAPS) through UA Campus Health is a great resource, you can find out more at <u>https://health.arizona.edu/counseling-psych-services</u> Or, call **520-621-3334**

Sources:

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