

Brought to you by Student Development & Counselling Department

# WHAT IS STRESS?

Stress can be defined as any physical, emotional, or psychological strain caused by a change.

Stress is a state of mental tension or worry that causes by difficult scenarios.

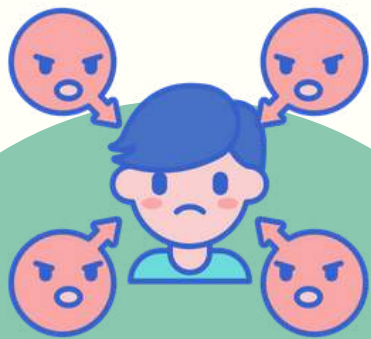
Stress is our body's response to pressure. There are many life events and different situations that can cause stress.

Everyone experiences stress to some degree. Stress can be positive or negative. The way you respond to stress, however, makes a big difference to your overall well-being.

Stress can have both emotional and physical effects, causing irritability, fear, frustration, and physical exhaustion.



# WHAT CAUSES STRESS ?



Feeling under pressure.



Facing life changes or big challenges in life.



Always worry and anxious about something.



Experiencing discrimination, negative feedback, hurtful remarks, etc.



Facing difficulties in academic or work.

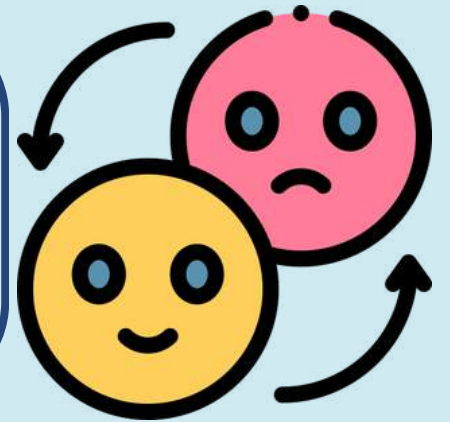


Having relationship issues.



# SYMPTOMS OF STRESS

Mood Change (Feeling Worry, Anxious, Restless, etc.)



Having Trouble To Fall Asleep or Staying Asleep

Chest Pain, Racing Heartbeat, Trembling, Sweaty Palms, Muscle Tension, etc.



Low Energy, Lack of Motivation, Lack of Focus

Physical Ache & Pains (Headache, Digestive Problems, etc.)



Change In Eating Habits (Eat More or Eat Less)

# TIPS FOR MANAGING STRESS

## RECOGNISE THE SIGNS



When you start to notice signs of emotional exhaustion, drained, or irritability, you would need to find a way to handle your stress.

## LISTEN TO MUSIC



Playing music can improve processing speed and memory. Through listening to relaxing music, you would be able to calm your body and relax your mind.

## TRY TO GET REGULAR EXERCISE



Exercise can improve mood as it stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious.

## PRACTICE MINDFULNESS EXERCISES



Practising the Deep Breathing Technique, Grounding Technique and other relaxation techniques may help you to calm down your nervous system while you are under pressure.

**Talk to your counsellor now. Find us at:**

**Student Affairs & Alumni,**

**📍 Level 9, Block G @ UCSI University, KL Campus.**

**📘 UCSISDCD**

**✉ Email: [sacounselling@ucsiuniversity.edu.my](mailto:sacounselling@ucsiuniversity.edu.my)**

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