THE CENTER FOR

COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.

STRESS MANAGEMENT

Contact Us:

Phone
931-372-3331

Eagle Eye Crisis Hotline
855-206-8997

Email
counsel@tntech.edu

Address
Roaden University Center Room 307

Why stress happens in college?

College life can be exciting but also overwhelming.

Common sources of stress include:
- Academic pressure
- Social challenges
- Financial concerns
- Balancing work and school
- Uncertainty about the future

Signs that your stress levels may be high

- Fatigue or trouble sleeping
- Headaches or muscle tension
- Irritability or mood swings
- Trouble focusing or procrastinating

Ways to stay on top of your stress

1. **Stay Organized**
   - **Use planners or apps to manage your time**
   - **Break assignments into smaller steps**
2. **Practice Self-Care**
   - **Eat regular, nutritious meals**
   - **Get 7–9 hours of sleep per night**
   - **Limit caffeine and alcohol**
3. **Move Your Body**
   - **Aim for at least 30 minutes of activity a day**
   - **Join a fitness class or intramural sport**
4. **Mindfulness & Relaxation**
   - **Try deep breathing, yoga, or guided meditation**
   - **Spend time outdoors or with pets**
5. **Talk It Out**
   - **Call a friend or family member**
   - **Seek help from campus counseling services**

Taking care of yourself

On-Campus Support:
- Center for Counseling and Mental Health Wellness – Free, confidential sessions
- Student Health Services – Physical and mental wellness support
- Academic Advisors – Help with course planning and workload
- RAs or peer mentors – Talk with fellow students who understand

Being aware of your stress is the first step in managing it.