



Helping Students Cope with Stress

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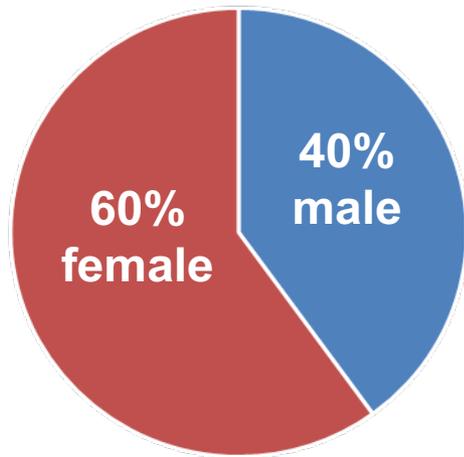


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2015 NYU Study Students Stress

Study shows chronic stress leads to depression & anxiety

- 48% report 3+ hours of homework a night
- Half of students report being stressed every day
- 26% reported depression at clinically significant levels
- Parents report more stigma about receiving mental health services than students
- Higher stress reported in middle income families



** Study looked at 128 High School Juniors*

Causes of Stress in Students

ACADEMIC STRESSORS

1. Homework
2. Grades
3. Pressure



Causes of Stress in Students



SOCIAL STRESSORS

1. Social Media/Friends
2. Fashion
3. Bullying
4. Gossip/Drama

Causes of Stress in Students

EXTRACURRICULAR STRESS

1. Sports
2. Clubs

FAMILY STRESS

1. Parenting Styles
2. Family Income/Status
3. Divorce
4. Siblings



Signs of Stress in Students



- **Change in sleep patterns**
- **Nail biting/pacing**
- **Decreased concentration**
- **Weight gain or loss**
- **Headaches or stomach issues**
- **Agitation/irritability/loneliness**
- **Cutting**

Signs of Stress in Students

- **Emotional**
 - Sad
 - Tired
 - Frustrated/Mad
 - Confused
 - Feeling guilty
 - Worried about appearance
 - Decreased concentration
 - Poor decision-making



A simple definition of stress, is that stress is synonymous with change



What Stress Looks Like



Test Anxiety Questionnaire

Nist and Diehl (1990)

Never

Rarely

Sometimes

Often

Always

1

2

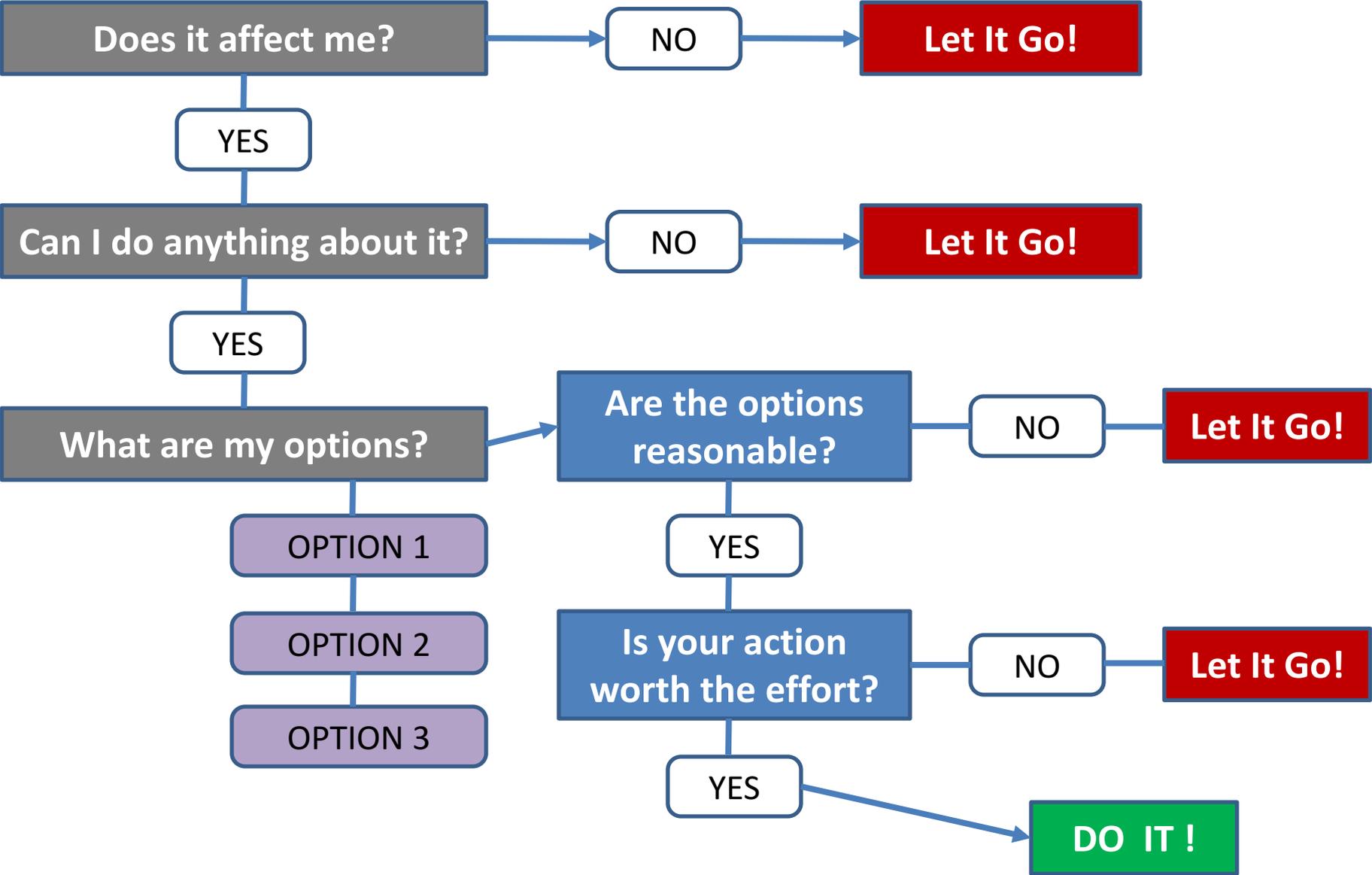
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- ___ I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test.
- ___ I have "butterflies" in my stomach before a test.
- ___ I feel nauseated before a test.
- ___ I read through the test and feel that I do not know any of the answers.
- ___ I panic before and during a test.
- ___ My mind goes blank during a test.
- ___ I remember the information that I blanked on once I get out of the testing situation.
- ___ I have trouble sleeping the night before a test.
- ___ I make mistakes on easy questions or put answers in the wrong places.
- ___ I have difficulty choosing answers.
- Now add up your score on all the statements. Scores will range from 10 to 50. A low score (10-19 points) indicates that you do not suffer from test anxiety. In fact, if your score was extremely low (close to 10), a little more anxiety may be healthy to keep you focused and to get your blood flowing during exams. Scores between 20 and 35 indicate that, although you exhibit some of the characteristics of test anxiety, the level of stress and tension is probably healthy. Scores over 35 suggest that you are experiencing an unhealthy level of test anxiety. You should evaluate the reason(s) for the distress and identify [strategies](#) for compensating.

The Stress Relief Decision Tree



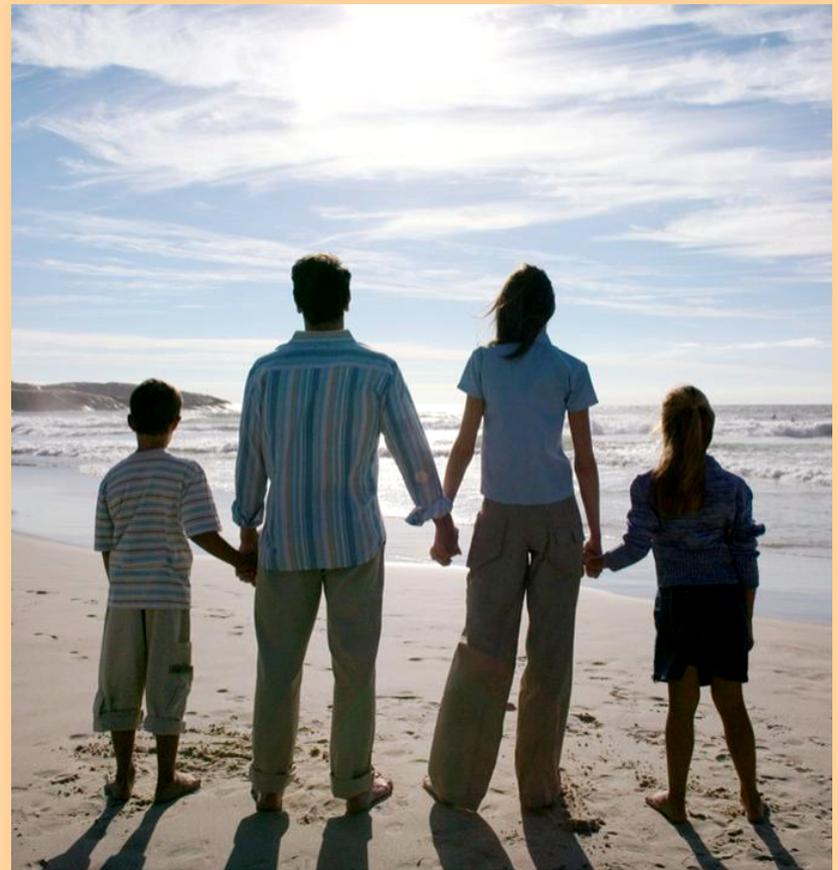
Positive Stress Management Techniques

- Get organized
- Talk to someone
- Stop procrastinating
- Visualization
- Sleep
- Progressive Muscle Relaxation
- Listen to music
- Exercise
- Do something creative
- Positive Thinking & Affirmations
- Eat healthy



Ways to Support a Stressed Student

- Take them seriously
- Be available to listen
- Do not offer platitudes
 - Don't say things like, "Don't worry" or "You're just over-reacting"
- Encourage
 - Encourage effort instead of grades
 - Encourage healthy eating and exercise habits
 - Encourage them not to smoke, drink or use illegal drugs
 - Keep in mind PARENTAL PRESSURES ON STUDENTS!



Ways to Cope with Stress

- Relaxation Skills
- Positive Thinking
- Communication Skills
- Time Management Skills
- Self-Care Skills

...now, let's learn some techniques!



Develop Mindfulness

Keep a Regular Schedule

Identify Your Range

**Avoid the
“Activity Roller Coaster”**

Change Your Stressful Thinking

Be Assertive

Organization Tips: The “Great 8”

1. **Get organized now!** Use ideas, tips, tools and more to help you organize your school work and your life!
2. **Learn to avoid procrastination** Ability to beat procrastination and laziness is among the most important time management skills to learn. Identify your causes of procrastination and start fighting it now
3. **Use decision making skills**
4. **Prioritization saves you time** Prioritizing skills allow you to focus on what is most important. Learn to set priorities wisely, and you will achieve more and will have more personal time.

Organization Tips: The “Great 8”

5. Determine your plan
6. Use effective delegation skills
7. Build coping skills
8. Improve Time Management



Thank You!

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