

How to Maintain a Positive Attitude in a Stressful Situation

Stress is not bad for you. In fact, it is necessary for health and well-being. Too much stress is bad for you! How you react or respond to stress is the secret to maintaining a healthy balance. The situation does not cause the stress. Our reaction to the situation is what causes the stress. What is stressful to one person may not be for another.

Coping with Stressful Situations:

1. Make a list of everything you experience as negative, upsetting or stressful.
2. Examine your list item by item and ask yourself the following:
 - Can I do anything about this? How directly involved am I in the situation?
 - What would happen if I ignored this or avoided it?
 - Could I change the situation? Could someone else change it?
 - What if I changed my reaction to the situation?
 - Create a plan to change your reaction and do it!
3. Make a list of things that are positive in your life. What activities make you feel happy? What makes you feel good?
4. Review the positive list and ask yourself:
 - Am I ignoring or taking for granted positive experiences?
 - What do I enjoy doing? What do I feel enthusiastic about?
 - What would I like to do that I keep postponing?
 - Who do I like to share these positive experiences with?

It is important to take the time to do activities that are fun, enjoyable and that give you energy. Healthy people are both unselfish and selfish! They act in ways that are good for their well-being and still are helpful to others.

Beneficial Activities:

- Laugh and play with friends
- Listen to good music
- Student Counseling Services or other professional when feeling stuck or overwhelmed
- Physical activities/exercise
- Take a nap!