



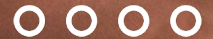
# Managing Stress and Anxiety



# What we will cover...

In this session, we will explore strategies to help students manage stress and anxiety effectively. College life and Early Career life can be overwhelming, but you can navigate these challenges successfully with the right tools and support.

We'll engage in group discussions and exercises to foster a supportive and informative environment.



# Managing Stress and Anxiety



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Vice President, Asset  
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**Erin Young**

Marketing & Sales  
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Talent Acquisition  
Representative, Dollar General  
Florida Agricultural and  
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**Brandon (BK) Kinney**

Liquor Inspector – Prince  
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Keene State College



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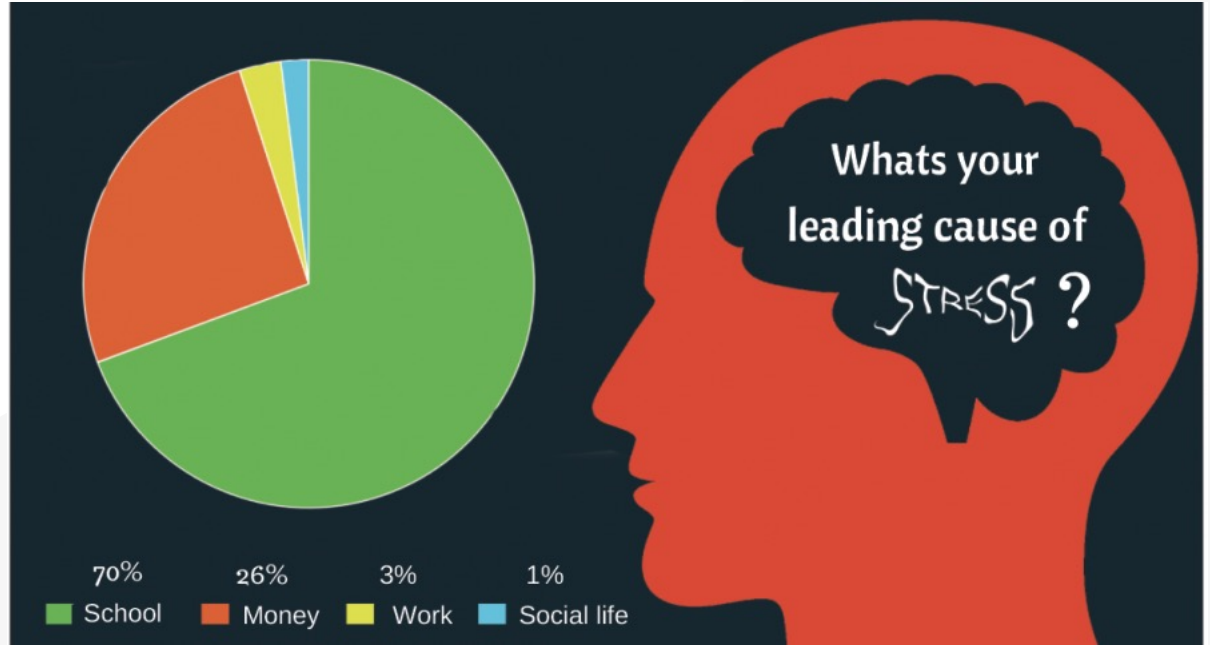
# STRESS



1. Can you share a specific situation or event during your college experience that caused you significant stress or anxiety?
2. What were the emotions and physical sensations you experienced when dealing with this stressful situation?
3. How did you initially react when faced with this stressor? Did you recognize it as stress right away?
4. What strategies or coping mechanisms did you employ to manage the stress or anxiety in that situation?
5. Did you seek help or support from others when dealing with this stressor? If so, who did you turn to, and how did they help you?
6. Looking back, what did you learn from this stressful experience? Were there any valuable life lessons or personal growth that resulted from it?
7. Can you identify any warning signs or triggers that typically precede moments of high stress or anxiety for you?
8. Have you discovered any effective long-term strategies for preventing or reducing stress in your college life?
9. What advice would you give to other college students who may find themselves in similar stressful situations?
10. How do you think sharing these stress stories can benefit college students collectively? What do you hope others will gain from hearing your experience?



# Identifying Sources of Stress





**Identifying Sources of Stress (AUDIENCE DISCUSSION) – LED BY ALEXANDRIA HAMPTON**

Ask the Audience to discuss common sources of stress in college or the workplace, such as academic pressure, social challenges, and financial worries.

- What methods did they use to overcome the stress?
- Share statistics on stress and anxiety among college students.
- *Sixty-seven percent of students who rate their mental health as fair have experienced chronic stress during college. Forty-five percent of students who rate their mental health as good have experienced chronic stress in college*





# Stress Reduction Techniques







## **Stress Reduction Techniques (Audience Participation – Panel will demo in front) – LED BY KHRIS HAMLIN**

- Close your eyes
- Start by taking a few deep breaths to center yourself.
- Begin at the top of your head and slowly shift your focus down through your
- body.
- As you mentally scan each part of your body, pay attention to any tension,
- discomfort, or sensations you notice.
- Breathe deeply and intentionally into any areas of tension, allowing them to
- relax with each exhale.
- Continue to move down your body, from your head to your neck, shoulders, chest,
- arms, abdomen, legs, and feet.
- Take your time and be patient with yourself. If your mind wanders, gently bring
- your focus back to the body part you're scanning.
- Once you've scanned your entire body, take a few more deep breaths and
- notice how you feel.
- When you're ready, slowly open your eyes

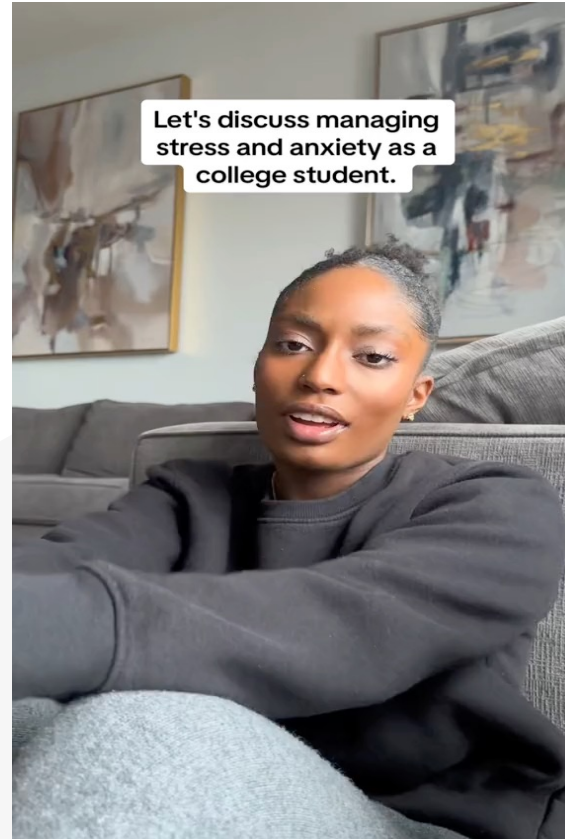


**Pressure Point for Anxiety, great for College Students and others**





Finals week can be rough, we understand. Try out some of these stress & anxiety management tips to help ease those pre-test butterflies!





Pain Isn't Always Obvious

# KNOW THE SIGNS

[suicideispreventable.org](http://suicideispreventable.org)

2-1-1

Maryland

211  
HEALTH  
CHECK

## NEED TO TALK? GIVE US A CALL.

Weekly mental health check-ins  
with a person who cares.

Call 2-1-1

Free. Confidential. Multilingual.

[211MD.ORG/HEALTHCHECK](http://211MD.ORG/HEALTHCHECK)



# NATIONAL SUICIDE PREVENTION LIFELINE<sup>TM</sup> 1-800-273-TALK (8255)

If you or someone you  
know is thinking about suicide,  
call the **National Suicide  
Prevention Lifeline.**



Let's Connect and Network!

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Scan and let's stay connected!

