

Causes of Stress for Students

Stress is the body's response to any demand placed upon it. Stress is a natural response and has benefits, but too much stress can have negative impacts on your mental and physical health.

You can think about it like a properly tuned violin – you need enough tension in your violin strings to make music, but not so much that the strings snap.

Signs of Excessive Stress

You may notice some of the following symptoms or signs of excessive stress:

Psychological

feeling anxious, irritable, forgetful, impulsive, overwhelmed, exhausted

Physical

headaches, increased heart rate, upset stomach, muscle tension

Behavioral

changes in sleeping or eating patterns, arguing, withdrawal from friends, binge gaming/television

Causes of Stress

Interpersonal

roommate conflicts, family demands, work responsibilities

Life Events

death of a loved one, moving, break-ups, divorce of parents

Financial

bills, unplanned expenses, tuition

Psychological

thoughts, beliefs, worries, changes in mood

Physiological

illness, injury, sleep disturbances, poor nutrition, environmental factors/conditions

Lifestyle Choices

lack of sleep, lack of exercise, poor time management, use of alcohol, tobacco or other drugs

Stress from Worldwide Event

Natural disasters, pandemic, the ongoing fight for social and racial justice

Petaluma

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