

## Dealing with the Stress of College Life

### *The Counseling Center Can Help*

Spring semester is now in high gear! Your student may be experiencing stress as he or she works to meet deadlines and balance life with school. Unhelpful habits might contribute to that stress as well. For example, their organizational skills may not be strong enough to stand up to the challenges of college academics. Other common experiences, such as anxiety, may also get in the way. If stress is getting in the way of your student's academics, work, or relationships, the Counseling Center can help. Each week we offer multiple drop-in workshops to help students cope with these challenges:

#### **Accepting Our Bodies** (Mondays, 2:00-3:00pm)

Is your student tired of worrying about his or her weight? In this interactive and educational workshop, we discuss the thinness ideal, the impact of media on body image, and self-esteem. This workshop will help participants identify various influences on body image and help them embrace their body.

#### **Learning to Let Go** (Tuesdays, 4:00-5:00pm)

Does your student worry? Feel anxious? Nervous all the time? Have you told your student that he or she just need to let things go? Letting go is a skill that can be learned. This workshop will teach psychological skills to help your student manage his or her anxiety.

#### **It's Time to Get Organized and Time Wise** (Mondays, 2:00-3:00pm)

This workshop offers students an engaging, warm, and fun forum to develop skills for managing their time, improving study habits, test taking strategies and getting organized.

#### **Mindfulness Meditation** (Wednesdays, 2:00-3:00pm)

This drop in group will help students learn and practice the basics of meditation including mindfulness, calm breathing, body scans, progressive muscle relaxation, and guided imagery. Come to one or come to all, but prepare to leave feeling relaxed.

#### **Tame the Stress** (Thursdays, 3:00-4:00pm)

Is your student feeling stressed, anxious, and unfocused? Worrying about grades? Attend our

relaxation and stress workshops and he or she will find out how to identify their warnings signs of stress, practice techniques to reduce their stress and anxiety, and live a more productive, healthy, and happy life.

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