

# STRESS MANAGEMENT

STUDENT-ATHLETES CAN ENCOUNTER STRESS FROM MANY DIFFERENT SOURCES. STRESS CAN DEVELOP FROM THE PRESSURES OF MANAGING DAILY SCHOOL WORK, PREPARING FOR EXAMS OR LEARNING NEW PLAYS. NO MATTER THE CAUSE OF YOUR STRESS, IT IS IMPORTANT TO KNOW HOW TO DEAL WITH IT, RECOGNIZE ITS EFFECT ON THE BODY, AND UNDERSTAND HOW TO REDUCE YOUR STRESS LEVEL.

## BASIC FORMULA FOR STRESS:

**Stress = Demands** (*perceived and real*) > **Resources** (*perceived and real*)

Stress is a mental and physical reaction to a current situation, upcoming event, or people you encounter. It is created when a person feels they do not have the ability or resources to handle what is ahead of them. However, you can manage the thought and feeling of being stressed.

- If you're feeling stressed or overwhelmed, be sure to talk to your school counselor or coach.

## EFFECTS OF STRESS:

ANXIETY • OVEREATING OR UNDER EATING • SLEEP PROBLEMS  
LACK OF MOTIVATION OR FOCUS • HEADACHES • MUSCLE PAIN

## MANAGING STRESS: TAKE ACTION!

*Stress can be reduced or modified through the following techniques:*

**Time Management** is key when you're balancing classwork and football. To stay on top of both commitments, try the following:

- Make a study schedule, and plan your time. Ask yourself what you want to accomplish by the end of the week, and work toward it each day.
- Conquer procrastination. Work towards your goals on and off-the-field every day.

**Physical Activity:** Reduce stress by exercising.

- Engaging in physical activity when stressed will help you feel drastically better. So get out there! Lift weights, jog, or skateboard.

**Listen to Music:** Create a calming playlist of songs that allow you to relax and focus on the tasks and objectives at hand.

- Music can relax your body and mind by absorbing your emotions and serving as a distraction from major stresses.
- Soothing classical music can slow your pulse and heart rate which will decrease your level of stress hormones.