**STRESS MANAGEMENT RESOURCES FOR FIRST-YEAR STUDENTS**

The majority of American college students report feeling stress each school year. 80% of college students report they sometimes or often feel stressed. 20% say they feel stressed *most* of the time. 10% report they have seriously considered suicide (Cohen, 2017).

At Millersville University, 48% of first-year students described their overall level of stress as “more than average stress,” and 12% described experiencing “tremendous stress” within the last 12 months. An alarming 14.5% have seriously considered suicide within the last 12 months (American College Health Association (MU Data), 2016).

Students overwhelmed with stress might experience indicators such as: difficulty concentrating, increased worrying, trouble completing assignments on time, not going to class, short temper, increased agitation and irritability, tension, headaches, tight muscles, changes in eating habits, “stress eating,” changes in sleeping habits and sleep deprivation. Learning to self-care and practice healthy stress coping not only improves peace of mind and well-being, but also prevents future burnout. Some resources to help students learn to better cope with stress and care for themselves include:

* **Millersville University’s Self-Help Library**

MU Counseling Services has compiled a comprehensive self-help library for students, including valuable resources on mindfulness and stress reduction, anxiety, depression, suicide prevention, test anxiety and more:

<https://www.millersville.edu/services/counsel/self-help-library.php>

* **Student Guide to Surviving Stress and Anxiety in College and Beyond**

This user-friendly website is devoted to sharing free resources to college students so they may better understand and more successfully manage everyday stress and anxiety in college, as well as later in their careers.

<http://www.learnpsychology.org/student-stress-anxiety-guide/>

* **JED Mental Health Resource Center**

The JED Foundation is a non-profit organization working to promote emotional well-being and prevent suicide among college and university students. Its free, wide-ranging and student-friendly resources spread awareness that emotional health is achievable, mental illness is treatable and suicide is preventable. The foundation’s mission is to educate students and parents on mental health services, policies and programs, especially during the college years.

<https://www.jedfoundation.org/mental-health-resource-center/>

* **Mindfulness-Based Stress Reduction Course**

This free mindfulness-based stress reduction (MBSR) course teaches the tenets of mindfulness to help students with stress, anxiety, depression, pain and a wide array of conditions. Based on Professor Jon Kabat-Zinn’s successful MBSR course now practiced all over the world, this online course is self-paced and individualized, using a combination of mindfulness meditation, body awareness, and self-care to help learners become more self-aware and less stressed.

<https://palousemindfulness.com/>

References

American College Health Association. (Spring 2016). *Millersville University First-Year Executive Summary, Spring 2016, American College Health Association-National College Health Assessment II.* Millersville, PA: American College Health Association.

Cohen, M. (2017). *Student Guide to Surviving Stress and Anxiety in College and Beyond*. Retrieved from http://www.learnpsychology.org/student-stress-anxiety-guide.