

STRESS MANAGEMENT

Whether enjoying a sense of excitement, like walking into the auditorium for your first class - one end of the stress spectrum - or struggling with burnout or trauma symptoms at the other end, managing stress is central to the experience of being human.

Unmanaged stress can lead to serious outcomes, so it is important that you keep checking in with yourself. Seek help when needed.

Inspired by The Mental Health Commission of Canada's [The Working Mind](#), the following Stress Spectrum is a tool that **highlights signs and symptoms within each level** that we can all recognize and be aware of while we begin our Nipissing University journey.

EXCELLING	THRIVING	SURVIVING	STRUGGLING	IN CRISIS
<ul style="list-style-type: none">CheerfulJoyfulEnergeticHigh performanceFlowFully realizing potential	<ul style="list-style-type: none">PositiveCalmPerformingSleeping wellEating normallyNormal social activity	<ul style="list-style-type: none">WorriedNervousIrritableSadTrouble sleepingDistractedWithdrawn	<ul style="list-style-type: none">AnxiousDepressedTiredPoor performancePoor sleepPoor appetite	<ul style="list-style-type: none">Very anxiousVery low moodAbsenteeismExhaustedVery poor sleepWeight loss

Please note that each zone may be characterized by the above signs but are not limited to what is seen. Listen to your body and when the supports that are helping you in the zone you are currently in seem to not be as beneficial as before, seek out more help.

Not sure where to start? Check out Student Counselling Services resource:

[Stress Resource Library | Nipissing University](#)

Need Help Now? Follow the link to services that are available to support you.

[Need Help Now | Nipissing University](#)