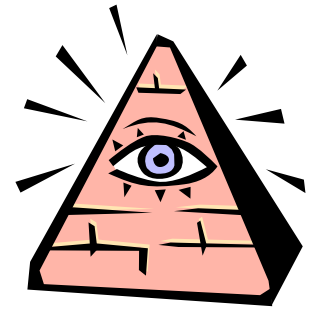


The Student Stress Pyramid



*A hierarchy of self-fulfillment states
that keeps stress to a minimum*

Studies have shown that there are levels of self-assurance and personal fulfillment that allow us to live happily and healthily with the many tasks and stresses we encounter in everyday life. The need to establish and maintain the five states of the stress relief hierarchy is extremely evident among college students, who are experiencing one of the most stressful periods of their lives. Danger results at any level when unhealthy behaviors, such as alcohol and drug abuse, overeating, pessimism, and withdrawal, etc., are used to provide temporary relief and ineffective stress relief.

It is difficult to experience any level to its fullest, most rewarding extent before attaining a true sense of the level below it. Keep these states in mind when dealing with your own stress, as well as when anticipating the stress level of your friends and neighbors.

Rewards

Treating yourself well, especially by providing yourself with quiet time, bubble baths, massages, or anything that reminds you to take time out for yourself.

Hobbies

Regular, meaningful involvement in activities for enjoyment which provide recreation, an outlet for stress, and a sense of stimulation.

Grounding

A sense of connection and purpose in life. This can be multidimensional and may include meditation, spending time with nature, participating in religious activities, or jogging.

Relationships

Relationships with family, friends, and colleagues provide support and allow for opportunities for socializing and communication. It's important to have at least a couple of close people in your life you can openly express your feelings and frustrations to.

Daily Balance

Healthy eating habits, adequate sleep, and sufficient physical activity promote a strong body and a healthy outlook—both valuable tools in combating stress.