

# How to manage stress.

## Guidance from NTU Wellbeing.



### What is stress ?

Stress is the body's reaction to feeling under pressure. It is something everyone can feel , especially when dealing with life challenges. A bit of stress can be good for us it can give us a boost and energize us to get things done. Prolonged exposure to stress however can lead to us feeling burnt out.

Try these practical self-care tips for managing stressful situations.



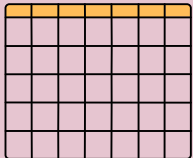
#### Talk to someone

Talking to a trusted friend or family member about your situation can help you find solutions or come up with plans for tackling stressful situations. They can offer insight and ideas you may not have thought of and they may be able to offer to help .



#### Split up big tasks

You might feel less stressed if you can take practical steps to make a big task feel more manageable, breaking a task down into easier, more manageable chunks can help you to make steady progress towards your goal.



#### Plan ahead

Planning ahead for upcoming stressful days or events - such as exam periods or multiple deadlines , can help to relieve stress and make things feel more manageable. Check out [NTU Library's to find out about study skill support.](#)



#### Spend time in nature.

This can help to reduce stress and improve wellbeing. You could try going for a walk in a green space. Check out the [this guide to local walks in Nottingham](#)



#### Develop your interests and hobbies.

Spending time on things you enjoy could help distract you from a stressful situation. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people. Check out [Healthy NTUs Calendar for events and activities to try.](#)



#### Be more active

Being active regularly can help you to burn off nervous energy, so it can be a good way to deal with stress. Check out [Healthy NTUs guide to keeping active](#)