DEALING WITH STRESS
As college students, we all deal with different levels of stress that come from different areas of our lives. Some people are better at handling and dealing with stress than others, but just having stress simply comes with the territory. Having to worry about your grades, your social circle, and making it to Hope before it closes- these are all common, relatable stressors for URI students.

STRATEGIES
Thankfully, there are countless approaches when it comes to dealing with stress (as well as things you should absolutely not do).

1. URI has plenty of resources for stressed students. For example: the Meditation Room in the 24-Hour room in the library is available for students who need a quiet place to relax. Students can also take advantage of the professional counseling services on campus at the URI Counseling Center, who can be reached at 401-874-2288.

2. If you need to get some studying done away from the noise of the dorms, there are plenty of quiet spots in the library- especially the third floor, as well as the rentable rooms (for groups of 2 or more).

3. In general, and when you’re not at school, there are still plenty of things you can do to reduce your stress- going to the gym to “blow off steam”, getting enough sleep, and using music to relax yourself. These are all very effective strategies when it comes to stress reduction.

4. It is also very important to avoid consuming too much coffee, or caffeine from any source when stressed. It only raises your heart rate and is likely to make things worse. Also, eating when you’re stressed is a fairly reliable way to pack on the pounds. In that same topic, you should never use alcohol, drugs or tobacco as a means to cope with stress.

SAVE THE DATE: URI STRESS RELIEF DAY
On Wednesday, December 7th, from 11:30 to 2:30pm, the URI Health Services Health Education Department is going to be hosting a Stress Relief Day in the Memorial Union. The educators there will be sharing stress reduction tips, which will be especially useful around exam time.