



Managing stress

Studying at university can be stressful. Students are often required to manage part-time work, social commitments, and financial pressures, all in between working on assignments and studying for exams.

It's no wonder that many students feel overwhelmed from time to time.

A little bit of stress can be motivating in the short term.

However, stress experienced over a long period of time – sometimes referred to as **chronic stress** – can negatively affect your physical and psychological wellbeing.

Below are some tips to reduce stress.

1. Exercise regularly

It's hard to overstate the benefits of regular exercise. Exercise:

- releases feel-good brain chemicals
- improves the quality of your sleep
- increases concentration.

Ways to exercise:

- start a social sports team

- join a fitness centre
- cycle to university
- go for a walk at lunchtime
- do a 15-minute exercise video on the internet.

Aim for at least 30 minutes of moderate-intensity exercise, 5 times a week.

2. Do things you enjoy

It may sound obvious, but it's important to make time for the enjoyable things in life.

Do you like listening to music, walking along the beach, playing team sports, reading, or gardening?

Allocate time to do the things you enjoy at least a few times each week.

3. Manage your time

Effective time management can help reduce stress.

- Use planning tools to make a realistic and achievable study schedule.
- Split your study into multiple short sessions over the week.
- Take regular breaks and reward yourself.

Refer to our academic skills resource on managing your study time for more tips.

4. Stay connected

Did you know that socialising reduces stress? Take the time to connect with friends and family. University is also a great place to make new friends.

Meet people through:

- sports teams
- clubs or societies
- volunteering
- simply saying "Hi" to someone in your tutorials.

It can seem daunting to meet new people, but remember that most people find it hard at first.

5. Talk to someone you trust

When you are feeling stressed, don't be afraid to ask a family member, partner or friend for some emotional or practical support.

Maybe you need a little help to renegotiate some of your responsibilities or just someone who will listen to your concerns without judgement.

6. Practice relaxation and mindfulness

Take time each day to slow things down a bit.

Ways to relax:

- take a warm bath
- meditate
- go for a walk
- listen to some relaxing music.

Try mindfulness

We tend to spend a lot of our mental energy either planning the future or analysing the past.

Mindfulness teaches you how to stay present in the moment.

There are many apps that can guide you through mindfulness exercises. For instance, check out Smiling Mind, ReachOut Breathe or Headspace.

7. Spend time outdoors

Spending time in nature can:

- increase feelings of happiness
- reduce your blood pressure and heart rate
- reduce stress.

Take breaks outside when you can!

8. Prioritise sleep

Avoid those all-nighters and aim for 7–9 hours of sleep each night.

Sleep is essential for *memory consolidation*, so there's no use studying all night.

Research shows that the day after a good night's sleep you have improved memory and concentration.

In the long term, consistent high-quality sleep improves your overall wellbeing and reduces stress.

If you are struggling to sleep:

- avoid caffeinated drinks in the afternoon

- exercise regularly
- relax before bed:
 - have a hot shower or read a book
 - avoid screen time an hour before bedtime
- aim for a consistent sleep routine:
 - go to sleep and wake up around the same time each day.

9. Know when to get help

Remember, a certain amount of stress is normal. However, if the stress you feel is having a significant, negative effect on your daily life, then seek help.

UWA India offers mental health and wellbeing support, including confidential counselling and strategies to build resilience and manage stress. Visit [Wellbeing Support](#) for more information.

If you are in immediate danger or a life-threatening situation, call the national emergency helpline [112](#). For mental health crisis support, please contact the TELE-MANAS helpline (toll-free, 24/7): [14416](#) or [1800-891-4416](#).