

Stress Management in Medical School

Meeting the demands of medical school in addition to other aspects of our life can be *stressful*. There are ways to manage and cope with the *stress*. Since everyone has a unique response to *stress*, there is not “one size fits all” solution to managing it. So experiment with different techniques and strategies. Focus on what helps to make you feel calmer and in control. Find two or three strategies that you like and are willing to practice them daily.

Please remember academic performance is affected by *STRESS*.

Common Signs/Symptoms of *Stress*

- ✚ Fatigue and/or disrupted sleep
- ✚ Impaired concentration and memory
- ✚ Feeling overwhelmed
- ✚ Irritability, feeling nervous or anxious
- ✚ Strained relationships
- ✚ Weight gain or loss
- ✚ Physical complaints, compromised health

Tips for Managing *Stress*

- ✚ Set a schedule for studying, sleep, nutrition, exercise, and relaxing.
- ✚ In addition, schedule study breaks to effectively manage attention and memory.
- ✚ Talk with family and friends about your priorities; establish boundaries early to manage demands from others.
- ✚ Monitor yourself for *stress* and seek help if you begin to experience time management problems, social isolation, concentration difficulties, physical or emotional symptoms.



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