Being a science and pre-health student is stressful; you have to earn outstanding grades, you have to do well on standardized tests, you have to build up your resume, and after doing all this you STILL may not get into graduate/professional school! If you are accepted into a grad/prof school, you have more stress just waiting for you. Let’s be honest, stress will likely play some role in your daily life for the rest of your life.

For most of us, eliminating stress isn’t an option, but managing it is. And for most people, a manageable amount of stress is a good thing. If you haven’t already, now is the time to learn how to manage stress. Consider the following possibilities:

**Sleep**
Get a good night’s sleep (the amount needed can vary from person to person) and avoid the habit of napping. A good night’s sleep can be difficult in a residence hall; compromise with your roommate if he/she is on a different schedule.

**Eat Healthy**
If fruits, vegetables, and water are not part of your daily diet, you might want to spend some time learning about proper nutrition. A great starting point is [http://www.mypyramid.gov/](http://www.mypyramid.gov/). Your diet affects everything, including weight, mood, and energy levels, etc. Also important is to keep the junk food and caffeine in moderation.

**Exercise**
You’re paying a fee for the RPAC; use it!

**Don’t procrastinate**
The studies have been done...people do not work better at the last minute. They might get more done at the last minute, but that is because they don’t have any other option. Procrastination leads to stress.

**Go out**
Have some fun. Again, moderation is the key.

**Volunteer**
It is often helpful to balance your academics, work, exercise, and co-curricular activities with volunteering. Giving to others certainly reminds us of the important things in life.

**If you are a person of faith, attend services**

**Have someone in your life who is emotionally available for you**
Have a friend that is willing to listen to you complain when you have a bad day. Be a good friend and listen when your friend needs to complain. Be an even better friend and limit your complaining! 😊

**Have someone in your life who regularly makes you laugh**
College is supposed to be fun! Make and maintain friendships with peers with whom you can have a good time.

**Don’t compare yourself to others**
Focus on doing the best you can do.