Health and Wellness

Stress

Stress is how you respond physiologically or psychologically to any kind of demand. In certain instances, some stress can actually be a positive force. During stressful events, our bodies release chemicals into the bloodstream that then trigger what is known as the 'fight-or-flight' response. Once the threat is gone, your body is meant to return to a normal relaxed state. Unfortunately, the nonstop stress of modern life means that your alarm system rarely shuts off.

Over time, if stress is not dealt with, it can lead to serious health problems.

Signs of stress include fatigue, trouble focusing, trouble sleeping, loss of appetite or eating too much, trouble getting along with others, aches and pains, headaches, and stomach aches.

Tips and techniques to combat stress:

- Eat a good breakfast.
- Get a good night’s sleep – often! With sleep deprivation, comes inability to concentrate.
- Try to keep physically healthy by involving yourself in some sort of physical activity (e.g., jogging, skating, biking, walking, etc.).
- Try to eat a well balanced diet and try not to skip meals. Eat more fiber!
- Learn how to relax yourself and your body through deep breathing exercises and muscle tension reduction exercises as well as meditation and relaxation imagery.
- Do not use alcohol, drugs or any other mind-altering substance to reduce your stress.
- Make time for fun activities, they are just as important as studying.
- The University Counselor may be able to assist you with additional tools and techniques to manage your stress. Call 830-792-7282 or email csosborn@schreiner.edu for an appointment.
- Additional Instructions: __________________________________________________________

Health & Wellness

Clinic Hours

- Health & Wellness is located in the Mountaineer Fitness Center
- Clinic is open and a registered nurse (RN) is available Monday through Friday 9:00 am until 5:00 pm.
- Physician appointments are available on Mondays and Thursdays during the fall and spring semesters 11:00am until 3:00pm.
- Call (830) 792-7279 for an appointment or for nursing advice or if unable to keep your appointment.

Contact Us

Phone: 830-792-7279
health@schreiner.edu

Dr. Thomas Noonan