There are four main ways to manage stress.

1. Avoid or Change the Cause
   - Are you willing to improve your diet, physical activity, social, or sleeping habits?
   - Can you practice stress reducing techniques?
   - Can you change your thoughts and attitude toward your stress?

2. Lead a Balanced Lifestyle
   - The assumptions that the effects of stress are only negative, and the goal should be to avoid, manage, and counteract the effects of stress, are inaccurate.¹

3. Develop Skills
   - Mindsets play a dramatic role in determining our health and well-being. In “Choke,” (2011), Beilock teaches that “if you can manage to interpret your body’s response to the situation as positive, as a call to action, you are likely to thrive. But if you interpret your body’s response as a sign that you are in a bad place with no way out, the worries and ruminations that result may send you into a ‘choke,’” (pg. 141). Further, “if you are able to take some of the pressure off yourself during an important test by reinterpreting the situation as something less stressful, less diagnostic of your ability, or less ‘do-or-die,’ you may be able to turn a potentially poor performance into a good one” (Beilock, 2011, pg. 139).

4. Manage the Mind
   - STRESS IS ENHANCING²

   - Mindsets:
     - Mindset: Stress-Is-Enhancing
     - Motivation: Utilize stress response to achieve desired ends
     - Arousal: Optimal arousal
     - Attention: On stress and on values and goals
     - Affect: Complex
     - Enhanced Health
     - Enhanced Performance
     - Enhanced Wellbeing
RETHINKING STRESS

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| 1. Honoring the paradox of stress  
2. Recognizing the power of mindset  
3. Learning to stress better | 1. Denying the potentially deteriorating aspects of stress  
2. Thinking that the stressor is necessarily a good thing  
3. Seeking out unnecessary stress |

STEPS TO ENHANCE MINDSET

1. Acknowledge stress  
2. Mindfulness and awareness  
3. Welcome stress  
4. Link stress with values and goals  
5. Utilize stress to enhance performance, health, and wellbeing.

MAKE A PLAN

1. Choose a stressor to change.  
2. Choose a technique that will be effective with this stressor.  
3. How can you apply this technique to reduce your stressor?  
4. Who can you tell about your change to help hold you accountable?  
5. List specific steps to take.  
6. Set a deadline.  
7. Decide how you will reward yourself.

NOTES & IDEAS

ADDITIONAL RESOURCES

- Bio-Feedback Lab: 1586 WSC; (801) 422-3035  
- Personal Counseling: 1500 WSC; (801) 422-3035  
- EmWave Biofeedback Program: 2590 WSC; Bring student ID card  
- Managing stress as a college student  
  https://caps.byu.edu/node/529  
- Relaxation Recordings  
  https://caps.byu.edu/relaxation-recordings  
- Rethinking Stress by Alia Crum  
  https://www.youtube.com/watch?v=-JdDuV8t2ao

SOURCES