

Tackle stress with JAM



Stress has to be managed well especially at this day and age where there are many more factors that can contribute to stress even at a young age. Hence, we introduce JAM, the three key ways for you to de-stress.



Take it easy



Students experience stress as the academic expectations from family, friends and even themselves may accumulate, making the students feel worried that they are obligated to achieve it no matter the circumstances. Without proper attention or care to combat stress, students will feel on edge and eventually become fatigued. Therefore, students should start taking control of their capabilities and take things step by step.

Start JAMing

You can manage stress with three key ways:

JAM:

Journaling

(Physical) Activities

Meditation

Firstly, you should never keep all our emotions in your head as it will accumulate and take up most of your head space, affecting your focus and morale. This slows down your progress on the activities that you do such as studying. Thus, journaling is a medium where you can vent out what you experience on a particular day and also allows you to reflect on those experiences. This reduces the stress you feel on a daily basis.

Secondly, another way you can de-stress is by performing your favourite physical activities such as cycling, jogging, etc. As long as you are sweating it out, your brain will release endorphins to reduce stress.

Lastly, the simplest way to deal with stress is to have some time alone and take your mind off a problem for a short period of time. This enables you to set the tempo on how you want to deal with any situation.

JAM together



Many people face stress and are not aware of the ways to cope with stress. That is where you come in. Stress can be easily spotted when a lack of interest in anything that they enjoy is observed. When this is observed, give them more attention and introduce JAM to them. This will benefit both of you as you will no longer be alone in your journey to cope with stress.

We hope you are able to spread awareness on how to manage stress with JAM. Start small by looking after yourself, then your friends and family. 

DEALING WITH STRESS

Stress is a common experience for students, and it can have a significant impact on your well-being and academic success. The good news is that there are simple and effective ways to manage stress and thrive in your academic and personal life.

Why Do Students Feel Stressed?

There are many reasons why students may feel stressed, including academic pressure, financial stress, social isolation, and personal challenges. When stress is not properly managed, it can lead to anxiety, depression, and other mental health issues. It's important to recognize the signs of stress and take action to manage it.

Three Ways to De-Stress

- **Exercise:** Physical activity is a powerful stress reliever. Whether it's a walk around campus, a yoga class, or a workout at the gym, exercise can help reduce stress and boost your mood.
- **Mindfulness:** Mindfulness is a technique that involves focusing your attention on the present moment without judgment. This can be achieved through meditation, breathing exercises, or simply taking a few minutes to be present and aware of your surroundings.
- **Social Support:** Spending time with friends and family can be a great way to relieve stress. Whether it's a study group, or a game night, socializing can help you feel connected and supported.

How to Look Out for Signs of Stress in Others and Help Them

If you notice signs of stress in someone else, such as changes in mood, behavior, or academic performance, it's important to reach out and offer support. Here are some ways to help:

- **Listen:** Sometimes, all someone needs is a listening ear. Let them know you are there to listen and support them.
- **Encourage self-care:** Encourage the person to take care of themselves by getting enough sleep, eating well, and engaging in activities that they enjoy.

In conclusion, stress is a common experience for students, but it's important to recognize the signs and take action to manage it. By practicing self-care, seeking social support, and reaching out to help others, you can excel in life.