

Study Stress: 15 Things You Need to Know

What Causes Study Stress

1. Heavy Workload and Bad Work/Life Balance
Busy schedules can overwhelm anybody. It's just a matter of time for anybody to break down because of the immeasurable amount of assignments.

2. Poor Time Management and Sleeping Schedule
Dealing with lots of assignments requires students to have decent time management skills. If you don't plan your day, you also risk ruining the sleeping schedule.

3. New Environment and Homesickness
When moving out from their hometown to receive education, students experience a sudden change of environment. Everything is new and unfamiliar, which can make students feel uneasy and anxious.

4. Academic Performance Expectations and Financial Burden
There can also be pressure from parents and professors who expect you to have a decent academic performance level. Add in the fact that you have to cover various expenses and you have gotten yourself another strong source of stress.

5. Social Anxiety
It's already hard to get used to the new environment. But there are new connections that you also need to make and if you are not naturally outgoing, that may become a problem.

Methods of Stress Management

1. Stress Outlet
People have different perceptions, so there is no single solution for everybody. However, it all comes down to finding an activity that would help you to unwind and get rid of the excess pressure. Activities such as exercising, taking a walk, writing in a journal. Whatever makes you feel better.

2. Talking Sessions
When people fall under the influence of stress, they often forget about the power of simple things like having a talk with someone. More often than not, a simple talking session with your friend can help you understand that things are not as bad as they seem. This lowers your stress level.

3. Bring your Schedule and Habits
If your current daily schedule isn't working and it's even messing with your sleeping habits, it's time to rethink. Think about the ways you could fit all the tasks you need to complete and go to bed at an adequate time. Make sure you need to stop procrastinating if you need to be more productive.

4. Finding Ways to Relax
This is similar to having a stress outlet. The difference is that you fully aim at warding off the stress altogether. Meditation, yoga, or just laughing for a few minutes will do the trick.

5. Distractions and a Proper Mindset
You can join a club or society that has regular group activities. This will be a good diversion from the things that bother you. It will even help you work more efficiently, as you will be interacting with more people and will meet likely find new friends.

Gap Year—The Anti-Burnout Solution

If you feel like you won't be able to cope with all the extra pressure and stress is unavoidable, you should probably consider taking a gap year.

A Chance to Find a New Perspective

You can spend the time traveling, which will help you look at studying and life in general from a whole new perspective. Your current surrounding will no longer influence how you perceive the upcoming events. So, this change might be vital in overcoming stress in the future.

Motivation Boost

A gap year can have the same effect as vacation does for working adults. It allows you to recharge mentally and return to studying fresh and full of energy. This is exceedingly useful in cases you haven't been exposed to many activities apart from learning before.

Extra Time to Prepare and Mature

You may simply need extra time to get ready for the new chapter in your life and that's fine. People mature at a different pace. If you know it'll be too tough of a change for you, you should take your time. It's better to do so than regret not taking a chance later.

Time to Get New Knowledge

Nobody said you are not allowed to learn something new during your gap year. You can use this time to cover some knowledge gaps or gain new vital skills that will be useful during your further studying.

Establish New Connections

If making new friends is somewhat of a challenge for you, then the gap year is a great opportunity to establish new connections. It's going to be easier because you won't have other issues bothering you at the same time and causing extra stress.

Sources

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