

# Babu Banarasi Das University, Lucknow

## Mental Health and Wellbeing Cell (MHWC)

### STRESS MANAGEMENT BROCHURE

*“Don’t let stress steal your smile — take a breath, reset, and rise.”*

#### Understanding Stress

Stress is your body’s natural reaction to any demand or challenge. A small amount of stress can motivate you — but when it becomes persistent or overwhelming, it can affect your mind, body, and behaviour.

#### Common Signs of Stress

- Constant worry or overthinking
- Headaches, fatigue, or sleep disturbance
- Difficulty concentrating or making decisions
- Irritability, anger, or mood swings
- Withdrawal from friends or activities

#### Why Stress Happens

Students often face stress due to:

- Academic pressure and examinations
- Career uncertainty or workload
- Peer or family expectations
- Relationship concerns
- Time management issues
- Financial or personal problems

Recognizing your stress triggers is the first step toward managing them.

## Simple Ways to Manage Stress

1. **Practice Mindful Breathing**

Take slow, deep breaths for one minute — it relaxes the body and clears the mind.

2. **Stay Organized**

Break tasks into smaller steps, set achievable goals, and avoid last-minute rush.

3. **Stay Active**

Exercise, walk, or play a sport daily — physical activity reduces stress hormones.

4. **Connect and Communicate**

Talk to friends, family, or your counsellor — sharing feelings can lighten emotional load.

5. **Eat and Sleep Well**

A balanced diet and 7–8 hours of sleep can dramatically improve emotional balance.

6. **Take Breaks**

Pause for short walks, music, or hobbies — rest helps recharge productivity.

7. **Seek Professional Help**

If stress becomes overwhelming, reach out to the **Mental Health and Well-being Centre** for confidential support.

## Mindfulness Minute (Try This!)

1. Sit comfortably and close your eyes.
2. Focus on your breathing — inhale deeply, exhale slowly.
3. Notice your thoughts, but don't chase them.
4. Return your focus to breathing.
5. Practice this for 2–3 minutes daily.

*A few mindful minutes can transform your entire day.*

## When to Seek Help

It's okay to ask for help if you experience:

- Constant anxiety or panic attacks
- Trouble sleeping or eating

- Thoughts of hopelessness or self-harm
- Emotional exhaustion or burnout

Remember early support prevents escalation — help is available.

 **Remember an early support prevents escalation, we're here for you**

**Mental Health and Well-being Centre  
Babu Banarasi Das University, Lucknow**

 Location: Health & Wellness Block, BBDU Campus

 Timings: Monday – Friday | 9:00 AM – 5:00 PM

 Helpline: **+91- 522 6196216**

 Email: [wellbeing@bbdu.ac.in](mailto:wellbeing@bbdu.ac.in)

**All services are confidential, free, and supportive.**

 **Remember**

“You don’t have to control your thoughts; you just have to stop letting them control you.”

Take one step today — breathe, talk, and heal.

**We're here to help you thrive. **