

Stress

! Remember "NUT" in times of emotional stress²

- ▶ Normal
- ▶ Universal
- ▶ Temporary

Remind yourself that emotional stress (both the positive and the less positive kind) is a Normal and healthy part of human experience, that everyone has it (Universal), and that both emotions and stress are Temporary parts of life and resolve. This provides the opportunity for a healthy perspective about how to accept and manage the stressors in your life.

Eustress

is a positive stress that motivates you to continue working, such as training for your sport.^{1,2}

- ▶ How we choose to appraise stress impacts whether or not it is helpful or hurtful to us.²
- ▶ It is important to embrace that stress is an omnificent part of our lives.²
- ▶ Aim not to eliminate stress, but to accept and actively cope to manage it.²

HOO KNEW?

74% of student athletes reported that stress did not have a negative impact on athletic performance³

NEED TO TALK?

CAPS in Student Health

Day: 434-243-5150

Night: 434-972-7004

Women's Center

434-982-2252

Sports Psychologists in McCue

Jim Bauman: 434-987-2918

Jason Freeman: 434-242-7472

¹Brock University. Eustress vs Distress. Health-services/health-education. 2010

²Jason R. Freeman, PhD. UVa Sports Psychologist.

³National College Health Assessment Data 2008

