



## Dealing Constructively with Stress

Although it is virtually impossible to eliminate the stress associated with everyday life, it is easy to deal with it in a positive and healthy way. Making permanent and constructive changes in your life can make you more productive and happy.



Everyone's lives are full of energy demanding stressors that can cause illness, irritability, or burnout. All these things can lead to a lack of motivation, referred to as amotivational syndrome, or depression. Some of the population often seems to turn to unhealthy rituals to "relieve" these stresses of everyday life; excess of gambling or alcohol, or any use of drugs for anything other than appropriate medical purposes are often used to help individuals forget their stresses and worries.

Believe it or not, there are healthier and more effective ways of dealing with stress. Some turn to religion, family, hobbies or personal time off, all of which are effective and entirely appropriate; however, constructive life style changes can make permanent changes that can supplement said outlets. Learning to prioritize, manage your time, exercise, set goals and replace unhealthy outlets with healthier ones can help you make this constructive life style change.

Time management is key in managing stress and is supplemented by prioritizing tasks on a "need to", "would be nice to", or "simply want to" basis. Eating right, getting an adequate amount of sleep and exercising regularly (at least 60 minutes daily, according to new recommendations) will help make any life style changes more effective.

One key to dealing with stress is to replace unhealthy choices with healthy ones. Rather than choosing to not talk about stresses, you should have regular healthy discussion with either a loved one or a professional counselor. A verbal outlet will stop stressors from festering and getting out of control. Next, you should consider the hobbies or outlets that you are already implementing, if they are unhealthy it is not enough to simply stop doing them, you must replace them with something healthy and constructive. If your "hobby" is professional channel surfing, you should consider learning a new talent like baking, playing an instrument or set a goal to finally read all those Barnes and Noble classics. Goal setting can help make your hobbies and outlets effective and motivating; set goals to spend more time with family and more time learning and living your religion, if that is an outlet for you.

A wise philosopher once suggested, "If you do not like something, change it; if you can not change it, change the way you think about it". As simple a fix as it sounds, attitude is often everything in dealing with life. When you decide to change your attitude the above suggestions will be easier to accomplish and will be far more effective in not only relieving stress, but doing it in a constructive rather than destructive way.

Source: [http://health.tips.net/Pages/T0009\\_Dealing\\_Constructively\\_with\\_Stress.html](http://health.tips.net/Pages/T0009_Dealing_Constructively_with_Stress.html)

## Looking for a computer lab in the middle of the night?

The College of Information Technology has two large computer labs that are referred to as the "Eagle Labs". These labs have a total of 128 computers, are funded by student technology fees, and are open to the general student population.

The labs are open 24 hours a day, 7 days per week!



## Need help with Chemistry? Having problems with Algebra?

Housing has Academic Mentors and Peer Tutors available for your academic needs!

- 2 Peer Tutors in Eagle Village Clubhouse
- 1 Peer Tutor in Johnson Hall with math/chemistry experience
- 3 Tutors within Watson Hall

All tutors and mentors are available Sunday through Thursday. Be sure to keep an eye out for their specific schedules around the EV clubhouse, Johnson Hall lobby, and Watson Hall area!



# What's Happening on Campus?

**Saturday, April 12**

## **Blue White Game: Georgia Southern vs. App. State**

1:00 p.m.  
Paulson Stadium



The annual Blue-White game will be held at 1 p.m. The University is planning several events before and after the game including "Breakfast with the Eagles," a football skills clinic and a free concert featuring country music group Waycross. Southern Boosters will sponsor a free tailgate following the game in the parking lot of J.I. Clements Stadium and the baseball team will play Appalachian State at 6 p.m. For more information on all the weekend's events visit [georgiasoutherneagles.com](http://georgiasoutherneagles.com).

**Tuesday, April 15**

## **Depression and Suicide**

12:00 pm - 1:00pm  
in Room 2048 at the Russell Union.



Do you or a friend suffer from depression? Do you believe that you or a friend may be at risk for suicide?

If so, please join us for a discussion on: The Truth about Suicide, which is a short film about real stories of depression in college. This film will help you learn to recognize the signs and symptoms of depression in yourself and others, and provide information about ways to seek help for yourself or others. For more information, please contact the Counseling & Career Development Center at (912) 681-5541

## **An Asian Experience**

11:00 a.m.-2:00 p.m.  
Russell Union Rotunda  
(Rain site: Russell Union Commons)



**FREE Music Downloads now available to all students!**



Georgia Southern is proud to announce that **FREE & LEGAL** music is now offered to Georgia Southern students! RUCKUS is Georgia Southern's official music discovery service which gives you access to over 3 million songs from the most current Billboard chart toppers to tracks from thousands of indie labels.

Registration takes 30 seconds at [www.ruckus.com](http://www.ruckus.com) and is absolutely **FREE**. Are you already one of the one million college students already using RUCKUS? Download the new My Ruckus Facebook Application to show your friends what you've been listening to right on your Facebook profile!

Enjoy!

## **Career Corner**

### **The Benefits of Internships**

by Peter Vogt  
MonsterTRAK Career Coach



If you're on the fence about whether or not to pursue an internship during college, the statistics alone should convince you to do one. Employers overwhelmingly point to internship experience as the most important factor they consider in hiring new college graduates for full-time positions, and they have a variety of self-serving reasons for feeling that way.

How do you benefit from taking part in an internship?

### **Accumulate Evidence of Your Abilities**

### **Make Critical Professional Contacts**

### **Improve Your Confidence**

### **Possibly Land a Full-Time Job**

Research shows that 85% of companies use internships and similar experiential education programs to recruit for their full-time workforces.

For more information, please contact Career Services at 681-5197.  
Adapted from Montertrak.com