



SAMU AND MACEWAN RESOURCES

Here are additional resources to support individuals experiencing stress:

SAMU Peer Support

SA-223, SAMU Building
City Centre Campus, 10850 104 Ave

For information about Peer Support, please reach out to the Peer Support Assistant at sapeersupport@macewan.ca

Peer Health Education Team

City Centre Campus, 10700 104 Ave
sites.google.com/macewan.ca/phet/home
phet@macewan.ca

MacEwan Wellness Psychological Services

7-103A, City Centre Campus, 10700 104 Ave
macewan.ca/safe-at-macewan/mental-health-counselling
780.497.5063 • wps@macewan.ca

To access additional support resources or to book an appointment with a trained Peer Support volunteer visit:

samu.ca/peersupport



LEARNING ABOUT STRESS

Stress is often the result of high demands and is a common experience among students. Learning about stress can help us support ourselves and others.

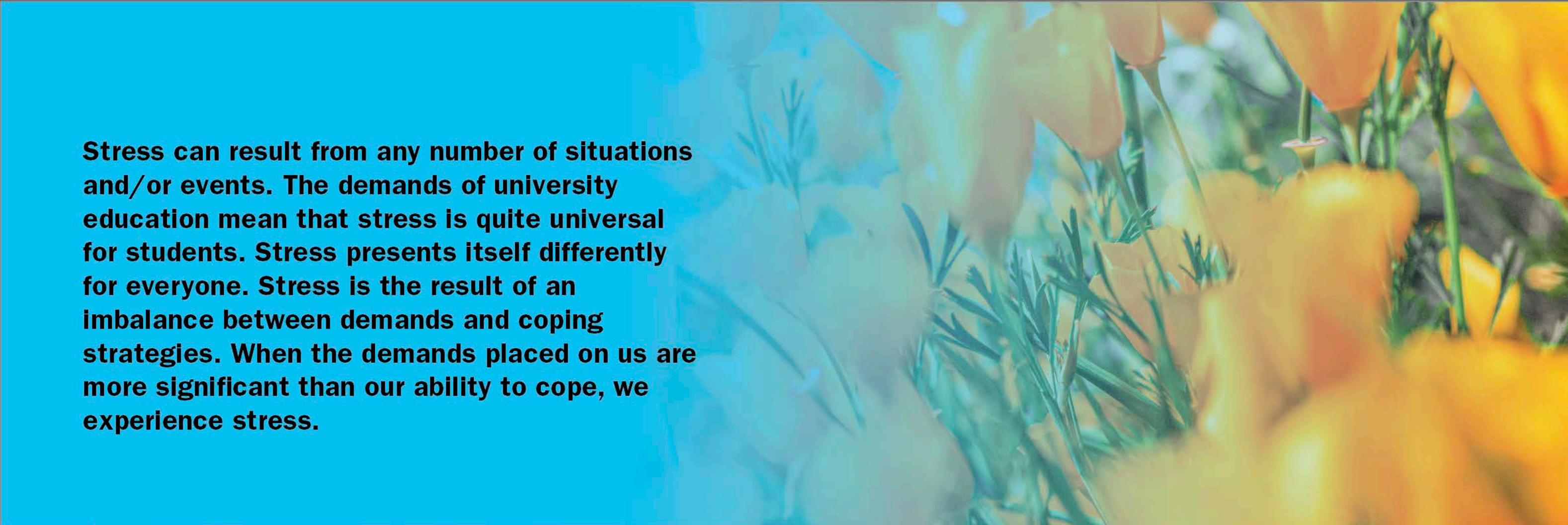
samu.ca/peersupport

 @SA_macewan  /SAMacewan

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The Students' Association of MacEwan University (SAMU) is a non-profit organization working independently from MacEwan University to support students.

PEER SUPPORT



Stress can result from any number of situations and/or events. The demands of university education mean that stress is quite universal for students. Stress presents itself differently for everyone. Stress is the result of an imbalance between demands and coping strategies. When the demands placed on us are more significant than our ability to cope, we experience stress.

IDENTIFYING STRESS

Signs of stress can be physical, emotional, or behavioural.

SOME COMMON SYMPTOMS OF FEELING STRESSED INCLUDE:

- Problems with sleep
- Irritability
- Headaches
- Anxiety
- Indecisiveness

COPING WITH STRESS

The key to handling stress is to regain balance by increasing our coping strategies to deal with the demands. When we look at coping, we want to do both external and internal things. It is essential to develop a robust social system, break up your routine, take care of your body, and ask for help when needed.

SOME WAYS PEOPLE CAN INTERNALLY COPE INCLUDE:

- Exercise
- Take a break
- Have a nap
- Watch your favourite TV show
- Cook a meal
- Deep breathe or meditate

SOME WAYS PEOPLE CAN EXTERNALLY COPE INCLUDE:

- Talk to someone you trust
- Reach out to a family member to chat
- Hang out with friends
- Form a study group
- Ask someone to be an accountability partner

There are many ways people cope with stress. These coping strategies can be done once or incorporated into your routine. What's important is finding what works best for you.