

Stress

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months at the University establishing their own rules and limitations, students returning to the nest can feel a big shock. Feelings of guilt, stress and resentment are common. Additionally, the holidays can be a very stressful time which can aggravate any preexisting tense situations, Evans said.

The counseling center composed several guidelines to help students during what could possibly be a difficult holiday season.

One of their recommendations includes having few or no expectations to prevent disappointment.

Recognizing that it is OK to focus on your own needs even if that means missing a social engagement or disappointing others. Additionally, a sense of humor can be a valuable tool to deal with stress.

"I always recommend that instead of focusing on what gifts you want to receive, focus on what kind of experiences you would like to have and how to attain them," Evans said.

Means to relieve stress could include physical activity, reading a book, socializing with friends or being alone.

"It is up to the individual. What

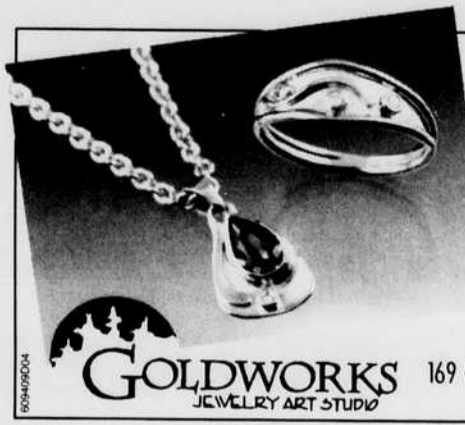
works for some people may not work for others," Evans said.

If the source of stress is conflict with others, Devine recommends keeping the lines of communication open.

"Sit down and set the boundaries, find out what the expectations are so that it is clear and not a source of stress for everyone," she said.

The holidays can be stressful for both the student and the group they are returning home to, Devine said.

Guidelines to help alleviate holiday stress are also available on their Web site at www.darkwing.uoregon.edu/~counsel/.



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