

Mechanical Engineering

Tips for Reducing Stress

College is a new and fresh experience with various obstacles you have to learn how to overcome. The challenges you will face in your academic career will no doubt cause stress. Stress doesn't have to weigh you down.

We have compiled some useful tips for helping you grow while at NMT from fellow students. But always remember if you're really struggling with stress or focus the NMT Counseling Center is here to help. [Counseling Center Website](#) or email counseling@nmt.edu

Practice Mindfulness

Meditation can be a very good way of helping with stress. Practicing mindfulness is a good way to be able to live in the moment and an easy way to meditate. Take a 10 minute break and step outside and focus on your surroundings, you would be surprised how helpful grounding yourself can be.

Asking for Help

Deciding to ask for help can be a hard decision, especially in the college environment. However, it can be very important in reducing stress, and there are lots of people you can go to in order to get the help you need. Reaching out to a professor for class help will reduce stress in passing your classes. Reaching out to friends, if it's for help with your work or just needing an ear to listen to you, will make you feel less lonely, more supported, and less stressed. But also remember, if the stress becomes excessive and overwhelming you should reach out for professional help. The NMT Counseling Center can help provide you with counseling as well as tips, resources, and any other information you may need.

Exercise

Exercising is one of the easiest ways to help relieve stress. Being active for 30-60 minutes a day can help reduce stress and improve a person's health. Exercising doesn't mean going to the gym and lifting weights, it can be anything like:

- Going on a walk/run
- Riding a bike
- Playing intramural sports
- Dancing

Do Something Creative

NMT students are known for overworking themselves due to the technical courses you will take. Having some sort of creative outlet will help you to reduce stress and relax from school. Take up a new hobby or continue an existing one. Making time every week for a hobby is an easy and healthy way to reduce stress. NMT clubs are another easy way to reduce stress. By socializing and participating in group activities, you are able to build relationships with others and make new friends.

Unplug

We live in a world of technology and it only gets worse when you get to college. Majority of your time in college will be spent looking at a screen. It's important to look away from your screens for at least a few hours a day. Go outside and take a brisk walk to try and unwind.

Spend Time With Friends

College is hard and it's even harder if you are alone. Take time during the first few weeks to try and make new friends. Everyone at NMT came here because they want to pursue a career in STEM. You will be able to find a group of people that have the same interests as you. The best place to find new friends is by joining clubs. NMT has everything from rock climbing and seasonal sports to swing dancing and tea club. **There is something for everyone.**