We all know what it's like to be stressed. We feel edgy, irritable, under pressure. Things that we would normally handle may become too much and we might even start to experience symptoms such as headache, sleep disturbance and poor concentration. Whatever the causes of the stress, below are some techniques to help manage it. Try them for yourself, see which ones are helpful.

• Keep healthy sleeping and eating patterns as regularly as possible to build up your physical and mental strength. Get at least 7 hours sleep at night, try to go to bed and wake up at the same time most days.

• Incorporate some regular physical activity and or exercise to combat stress and get the endorphins working for you. Find what works for you: walking with an IPod, jogging, gym visits, playing a sport, swimming, Yoga, hiking.

• Give yourself 'time out' at least once each day, especially on those days when you are feeling stressed. Turn off your phone and avoid other distractions till you feel more in control.

• When you feel overwhelmed, make lists and prioritize tasks. Give yourself a realistic timeline to get things done. Not everything has to be done today.

• Give yourself a treat or mental pat on the back every time you earn it; like hand in an assignment, complete a task.

• Be aware of your thinking style. Be conscious of the messages you give yourself daily and the effect they have on your wellbeing. Attempt to replace the unhealthy messages with helpful ones.

• Practice "The Relaxation Response" daily: Sit quietly in a comfortable position. Close your eyes. Allow your muscles to relax deeply, beginning at your feet and working up to your face. Keep them relaxed. Breathe naturally through your nose. Say the word 'one' silently to yourself as you breathe in and out, 'one' in... , 'one' out... do for at least 5-ten minutes.

• When you relax, you can also learn to create in your mind your own special place of relaxation- perhaps a beach with waves gently lapping on the shore, perhaps a peaceful garden or a mountain retreat- wherever it might be that your mind can transport you to so you can relax.

• Affirmations that work for you can be uplifting. Write them and keep them in a visual place like you diary or on your wall where you study.

• Make reasonable time to socialize and to keep up healthy relationships. Stress can be isolating, so make time for those who help you to feel good and stay connected to yourself.

If you feel that you need additional assistance managing stress, the counselors at the Wellness and Counseling Center are available to help you. Please call to schedule an appointment (212) 650-8222.