



# Stress Management Techniques: How To Minimize Stress In College

## Overview

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This workshop provides an overview of the dimensions of wellness and how they impact the everyday choices students make about their health and their overall level of well being. Areas covered include: physical health, emotional health, intellectual health, spiritual health, and social health. An explanation of how each of these “ingredients” when combined together, help in forming a balanced student. Within each of these dimensions, there is a further breakdown of information. These areas include: fitness, nutrition, sleep, stress management, substance use/abuse, depression/anxiety, relationships, getting involved in groups/organizations and studies.

### Objectives:

- Students will learn the importance of viewing themselves as a whole and not as separate parts. That much like a recipe, if ingredients are not included in certain amounts, or are left out altogether, the final product may fall flat. Students will realize that taking care of the basics (eating well, exercising, sleeping well, avoiding/eliminating alcohol, tobacco, other drugs, and talking to someone when they need to) can go a long way in reducing stress levels and achieving their educational goals.

**Please Note:** StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

## Presenter

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**Jennifer DiPrete**  
*Bryant University*

Jennifer DiPrete, Senior Health Educator and Wellness Coordinator, Bryant University, has been working with college students for 8 years at Bryant University and also worked directly with students at the University of Massachusetts Boston from 1998-2001. She is currently the Senior Health Educator and Wellness Coordinator at Bryant and has received several awards for her work with students here.

Jennifer has developed programs that involve overall lifestyle behavior modification focusing on the person as a whole - spirit, mind, and body. Some of these programs include weight management, dietary supplements, stress management, substance use/abuse, body image acceptance, and tobacco cessation. She also works with the Fitness Center Manager, delivering health and physical fitness programming at a nearby high school with several of Bryant's student athletes. Jennifer also consults on a variety of lifestyle changes to private entities looking for continuing education among employees.