

STRESS MANAGEMENT

Counseling and Student Development Center

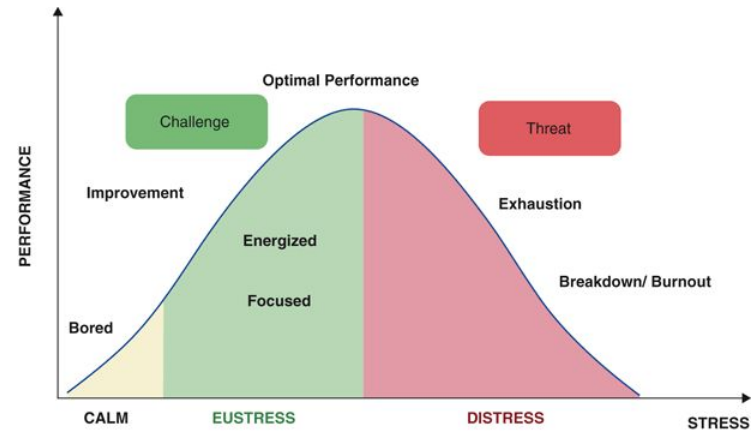
OUR PLAN FOR TODAY

- ◆ **Overview**
 - ◆ What is Stress?
 - ◆ Sources of Stress
 - ◆ Symptoms of Stress
 - ◆ Reducing Stress
- ◆ **CSDC as a Resource**

OVERVIEW

WHAT IS STRESS?

- ◆ Stress is the body's response to its surroundings (**environment**)
- ◆ Based on individual perceptions of environment and capabilities (**perceptions**)
 - ◆ May be positive or negative
- ◆ Our experience of stress is generally related to how we respond to an event, not the event itself (**response**)



SOURCES OF STRESS

- ◆ What are your current demands?
(environment and perceptions of it)
- ◆ What are some of your sources of stress?

SYMPTOMS OF STRESS

- ◆ How do you know when you are stressed?
(response)
- ◆ What are some common changes you experience with increased levels of stress?

SYMPTOMS OF STRESS

Physiological

Headaches, fatigue, sleep disturbance, muscle tension, increased sweating, heart rate, blood pressure, urination....

Mental

Worry, inability to concentrate, memory problems, difficulty making decisions, narrowing of attention...

Behavioral

Increase or decrease in appetite, sleeping, sex, and work, arguing with people, drug use, pacing, rapid talking, nail biting...

Emotional

Irritability, depression, frustration, restless, apathy, overwhelmed...



Which symptoms of stress do you experience most?

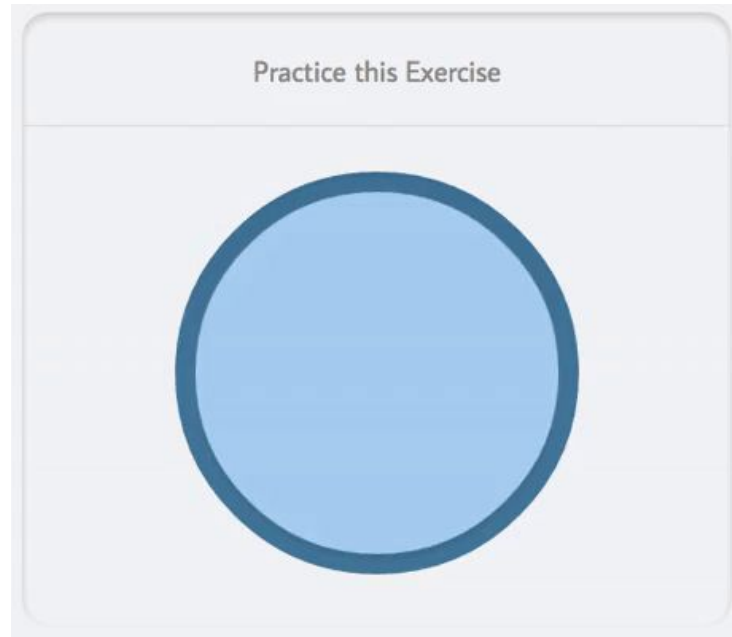
APPROACHES TO REDUCING STRESS (REACTIVE)

1. Somatic - Physiological arousal
2. Cognitive - Negative thoughts
3. Environmental

SOMATIC TECHNIQUES

- ◆ Deep Breathing
- ◆ Meditation/Yoga
- ◆ Spiritual Practice
- ◆ Progressive Muscle Relaxation
- ◆ Exercise
- ◆ Laughter
- ◆ Massage
- ◆ Sleep, nutrition, and basic self-care

PRACTICE



COGNITIVE TECHNIQUES

- ◆ Imagery
- ◆ Positive Self Talk
- ◆ Mindfulness
- ◆ Rational Thinking
 - ◆ What do you really have control over?
- ◆ Goal Setting
 - ◆ SMARTER
(Specific, Meaningful, Achievable, Relevant, Time-Bound, Evaluate, Reward/Readjust)

CHANGING BEHAVIOR + ENVIRONMENT

- ◆ Increased social support buffers against symptoms of stress
 - ◆ On Campus - who?
 - ◆ Off Campus - who?
- ◆ Finding times/spaces to recharge
(no technology, reflection through journaling)
- ◆ What is in your power to change?
- ◆ How can you be more assertive and establish boundaries or set limits. (saying no)
- ◆ Time Management

WHAT'S YOUR PLAN?

- ◆ Which new strategies will you incorporate into your day?
 - ◆ Somatic - Physiological
 - ◆ Cognitive
 - ◆ Environmental
- ◆ How? When? Identify specifics to help you adhere to and create new habits
 - ◆ Think about SMARTER goals
(Specific, Meaningful, Attainable, Relevant, Time Bound, Evaluate, Revisit/Reward)

CSDC AS A RESOURCE



What would have to happen/might you notice that would signal it's time to meet with a professional?

What might be a barrier for you to seek help?

HOW TO USE THE CSDC

- ◆ Monday-Friday, 9 AM to 4 PM
- ◆ Call to schedule an appointment:
570-577-1604
- ◆ Individual Counseling
- ◆ Consultation
- ◆ Crisis + After Hours Support
- ◆ Visit our website:
 - ◆ Staff Bios + Areas of Specialty
 - ◆ Additional Self-Help Resources





Questions?

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