

STRESS MANGEMENT AND WELLNESS PLAN

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|---|--|
| Sleep/Rest | |
| Nutrition | |
| Physical Activity | |
| Interpersonal Relationships | |
| School/Work | |
| Stress Management & Relaxation | |
| Social/Spiritual Enhancement | |
| Creative/Personal Expression | |

CAPS - STRESS MANAGEMENT AND WELLNESS WORKSHOP

SOURCES OF STRESS

Environmental

Noise, overcrowding, clutter, weather, pollution, news, etc.
 Fast paced society (pressure to respond quickly, eat junk/lack exercise)
 Demands (school, work, family, church, community)
 Situations (health, accidents, assignments, emergencies)
 Change (loss, moving, course of study, support)

Interpersonal

Conflicts with parents, siblings, partners, friends, co-workers, teachers, etc

Physiological

Lack of sleep, injury, poor nutrition, illness, pain, hormone fluctuations, etc

Intrapersonal

The inability to say “no” to someone
 Anxiety over our own professional competence
 The need to be liked by everyone
 Negative/Critical self-talk
 Extremely high expectations of ourselves
 Personal sensitivity to criticism

SYMPTOMS OF TOO MUCH STRESS

An important aspect of effective stress management is the ability to identify one’s own reactions to stress. How one person reacts to stress may be different from someone else. Listed below are common stress reactions.

| PHYSICAL | BEHAVIORAL | EMOTIONAL |
|------------------------|---|-------------|
| Tight/Aching muscles | Impatient or overly critical of others | Nervous |
| Back Pain | Constantly seek the respect or validation from others | Angry |
| Headaches | Avoiding others | Fearful |
| Heartburn | Unable to stay still | Depressed |
| Stomach problems | Accident prone | Hopeless |
| Gain or loss of weight | Procrastinating | Frustrated |
| High blood pressure | Chronically late | Anxious |
| Frequent colds or flu | Drinking/Smoking/Nail-biting | Disoriented |
| Breathing problems | Self-critical | Indecisive |
| Tics or twitches | Repetitive thoughts | Resentful |
| Sleeping problems | Cry easily | Overwhelmed |
| Lack of energy | | Sad |
| Trouble concentrating | | Irritated |

Workshop - Things to Remember

Stress is neutral - the key is the individual's reaction, not the event. If one feels threatened, not in control, then that situation is perceived as stressful.

- Know **your** sources and symptoms of stress
- Take time for stress management
- Be able to rate your stress level 1 to 10

There are many ways to manage stress. The key is to find what works for **you**. (What brings your level down a point or two.)

Breathing Exercises (Deep/Natural, Wave, Count)

Remember stress management suggestions from other workshop participants (exercise, journaling, music, etc). Make a list of things that help bring your level down a notch or two. Do at least one thing a day.

Progressive muscle relaxation (PMR)

Visualization (safe-place exercise)

Take time to set and achieve wellness goals

Suggestions for more ideas:

Attend other USU CAPS Workshops = *Thoughts-Feeling-Behaviors, Mindfulness, Sleep, Healthy Relationships, Effective Coping, etc.*

The Relaxation and Stress Reduction Workbook
by Davis, Eshelman, and McKay

Websites that have audio/visual files of various relaxation techniques

http://www.hws.edu/studentlife/counseling_relax.aspx

<https://www.youtube.com/user/aggiementalhealth>

Look for Stress Management, Relaxation, or Wellness related podcast or apps

SELF-CARE FOR COLLEGE STUDENTS

Communicate with yourself:

Avoid cognitive distortions – negative thoughts that lead to stress. Replace negative messages with positive messages and affirmation. Talk to yourself as you would a cherished friend.

Communicate with others:

Use a way that is honest, clear, and caring. Find a support group. Join a campus organization. Examine your relationships. Ask yourself, “Does this relationship promote my mental, physical, or spiritual health?” If the answer is no, then learn to let go.

Humor/laughter/play:

A sense of humor keeps things in perspective and works as an antidote to drudgery, depression, and conflict. Look for positive humor in your life experiences and seek out other people you can laugh with. Do something you enjoy every day to help improve your attitude.

Exercise and eat right:

Exercise releases tension, relaxes, lifts spirits, and increases energy. It helps the body to burn up the excess adrenalin produced in response to stress. Avoid nicotine, alcohol, and drugs. Eat healthy foods and drink plenty of water.

Sleep:

Try to get your required amount of sleep. Get up at the same time every day. Sleeping in confuses the body clock. Establish relaxing bedtime rituals.

Time management:

Set objectives and prioritize them. Concentrate on what is important to you, set aside the less important issues. Take on no more than you can handle. Be willing to assertively say “no.” Don't waste time on trivial matters.

Examine life goals:

Decide where you are going and set reachable goals. Work on quality rather than quantity and “being” rather than “having.” Reward yourself.

Utilize campus resources:

Most campuses have a place to exercise, organizations to join, and a place to get personal counseling, career advice, or academic help. You can find these resources on your campus webpage. Take advantage of these services - your tuition helps pay for them!