



# **COPING WITH STUDENT STRESS: STRESS MANAGEMENT 101**

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# LEARNING OBJECTIVES

- Discuss the function of stress
- Learn to identify personal signs and symptoms of stress
- Learn to recognize emotional, physical, cognitive, interpersonal, and behavioral stress related symptoms
- Identify ways of combating stress and develop stress management techniques



## WHAT FUNCTION DOES STRESS HAVE?

- Stress and anxiety add both challenge and opportunity by serving a motivation for preparation often times.
- There is an optimal level of stress, and too much has a negative impact.
- Each person has a different “optimal” level of stress, and individual ways of coping with stress.



# HOW DO YOU KNOW WHEN YOU'RE STRESSED?

- Snap at friends/family
- Overeat
- Self-isolate and/or avoid others
- Drink too much
- Oversleep
- Procrastinate
- Poor judgment
- Get sick/catch a cold



# NEGATIVE CONSEQUENCES

## PHYSICAL

- Heart disease
- Stroke
- Obesity
- High blood pressure
- Diabetes

## EMOTIONAL/OTHER

- Depression
- Overeating (binge eating disorder)
- Burn out



# STRESS RELATED SYMPTOMS

- Physical Symptoms
- Behavioral Symptoms
- Emotional/Psychological Symptoms
- Cognitive Symptoms



# STRESS RELATED SYMPTOMS

## ○ Physical

- Feeling tired and drained, with no energy
- Frequent headaches, back pain, body aches
- Frequently sick
- Changes in sleep and/or appetite

## ○ Emotional

- Feelings of failure and self-doubt
- Loss of motivation
- Decreased satisfaction and enjoyment

## ○ Behavioral

- Isolation
- Procrastinating
- Use of substances to cope
- Anger and/or irritation with others

## ○ Cognitive

- Indecisiveness
- Difficulty concentrating
- Racing thoughts
- Memory challenges



# COMMON STRESS MANAGEMENT TECHNIQUES

- Basic self-care and lifestyle strategies
  - Eating healthy
  - Good sleep hygiene
  - Mini-breaks
  - Exercise
- Interpersonal strategies
  - Good relationships
  - Social support
  - Learn to say “no”
  - Learn and use good communication skills
- Emotional Strategies
  - Nurturing activities
  - Express your feelings
  - Laugh more often
  - Relaxation techniques
- Cognitive Strategies
  - Challenge negativity
  - Perspective
- Spiritual/Philosophical Strategies
  - Increase prayer, faith
  - Clarify your values



# 10 PROVEN STRESS REDUCERS

- Write things down.
- Stop procrastinating; it is ALWAYS stressful.
- Simplify.
- Get enough sleep.
- Learn to say “no”.
- Breathe!
- Ask for help.
- One thing at a time.
- Talk about it.
- Plan ahead.



# 12 COMMANDMENTS OF GOOD MENTAL HEALTH

- Good mental health is essential to your overall well being.
- Know your family's mental health history.
- Acknowledge your feelings, thoughts and experiences.
- You deserve to feel well.
- Recognize and journal your mood changes.
- It is okay to ask for help.
- Research and reach out to mental health resources.
- Know your limits; set healthy boundaries.
- Nurture and protect your spirit.
- Trust the healing process; it takes time, support and work.
- You are worth it; make yourself a priority.
- Commit to fun and relaxing activities.
  - California Black Women's Health Project  
[http://www.cabwhp.org/programs/mental\\_health\\_initiative/the\\_12\\_commandments\\_of\\_good\\_mental\\_health](http://www.cabwhp.org/programs/mental_health_initiative/the_12_commandments_of_good_mental_health)



QUESTIONS?

