LET'S TALK ABOUT STRESS



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STRESS STATEMENTS

- When I am stressed, I think/feel……
- When I am stressed, I do…
- …… causes me stress
- I feel better when…….



5 STEPS FOR STRESS MANAGEMENT

1. Identify your symptoms of stress
2. Identify your causes of stress
3. Identify whether you have control over your stressors
4. Apply stress management techniques
5. Evaluate your stress management



COMMON SYMPTOMS OF STRESS

Anxiety

Anger or frustration

Drug or alcohol use

Changes in appetite

Fatigue

Headaches

Muscle tension

Procrastination

Repetitive behaviours

Thinking in circles

Sleeping problems

Withdrawing socially

Worry

SYMPTOMS OF STRESS

How do you experience stress?



COMMON SOURCES OF STRESS FOR STUDENTS

Exams and assignments

Grades

Juggling the workload

Mental health factors

Health factors

Housing and roommates

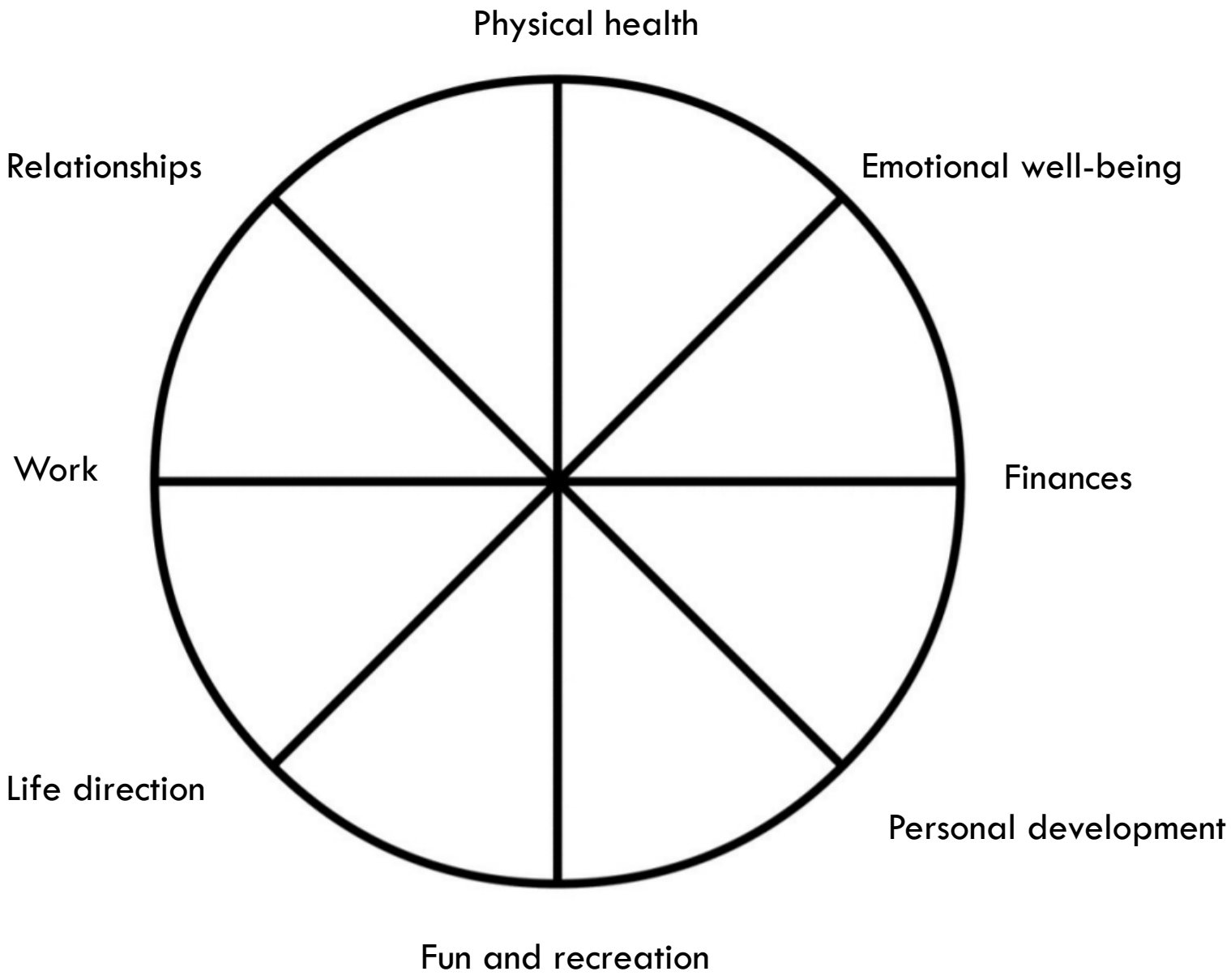
Finances

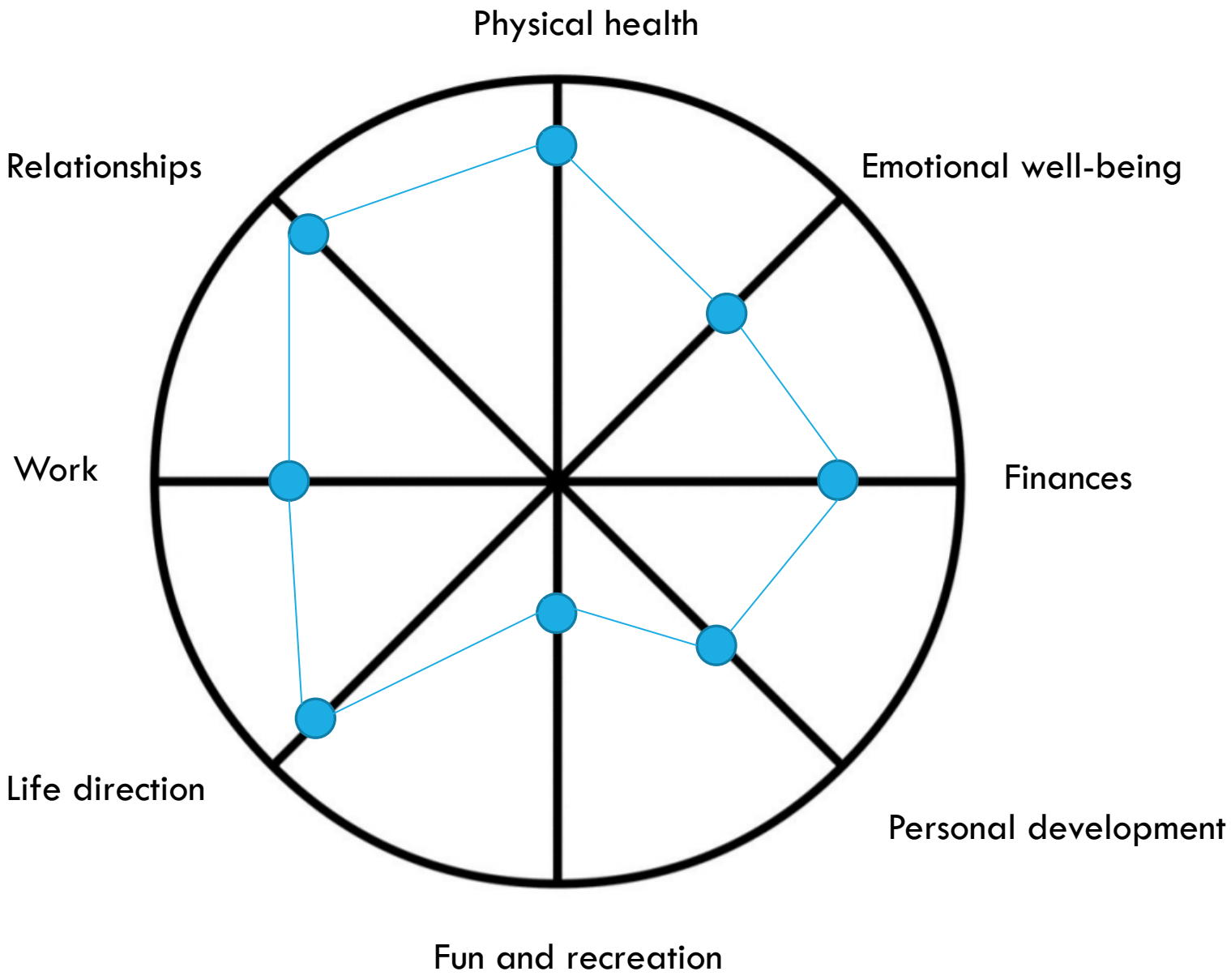
Planning for the future

Life events

Relationships (family, friends, partners)

COVID-19


Physical health
Emotional well-being
Finances
Personal development
Fun and recreation
Life direction
Work
Relationships


Physical health
Relationships
Emotional well-being
Work
Finances
Life direction
Personal development
Fun and recreation

WHAT CAN YOU DO ABOUT YOUR STRESS?

Stress is your body's response to a challenge or a danger.

To reduce stress you can either **change the situation** or **change the way you think** about the situation.



REFLECTING ON YOUR STRESSORS

	IMPORTANT	NOT IMPORTANT
CONTROL		
DO NOT CONTROL		

MANAGING SYMPTOMS OF STRESS

Breathing exercises

Grounding exercises

Progressive muscle relaxation

Meditation

Journaling

Exercising

Spending time with loved ones

MANAGING CAUSES OF STRESS

Identifying whether you can change the situation or the way you think about the situation

Time management

Problem solving skills

Decision making

Cognitive restructuring

Other skills related to your stressors

Eating and sleeping well

Asking for help when you need it

EVALUATE YOUR STRESS MANAGEMENT

Are you still feeling stressed?

If yes:

- Did you identify the correct stressor?
- Did you use appropriate stress management techniques?
- Are you trying to change a situation that is out of your control?



RESOURCES

Studying at home during corona: https://student.uva.nl/en/content/az/studying-at-home-during-the-corona-crisis/studying-at-home-during-the-corona-crisis.html

Managing stress in this anxious time: https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf

Dealing with Coronavirus anxiety toolkit: https://www.virusanxiety.com/

If your stress becomes excessive and prolonged, this can increase your risk of burnout. For more information on burnout, you can visit this website: https://www.huisartsenamsterdam.nl/studenten/burnout/

RESOURCES

Stress and Self-care Audio & Podcasts:
https://thehealingmind.org/blogs/the-healing-mind-audio-and-video-sessions

Pandemic Resources (Podcasts, Meditation Resources):
https://jackkornfield.com/pandemic-resources/

Apps for Meditation:

Headspace, Calm, Stop, Breathe & Think & Insight Timer.

NEXT UP

At 17:00: ZEN De-stress Yoga session

https://uva-live.zoom.us/j/84006244944

Meeting ID: 840 0624 4944

At 18:00: Peer Support post-it note de-stress activity

https://uva-live.zoom.us/j/86753551141

Meeting ID: 867 5355 1141