

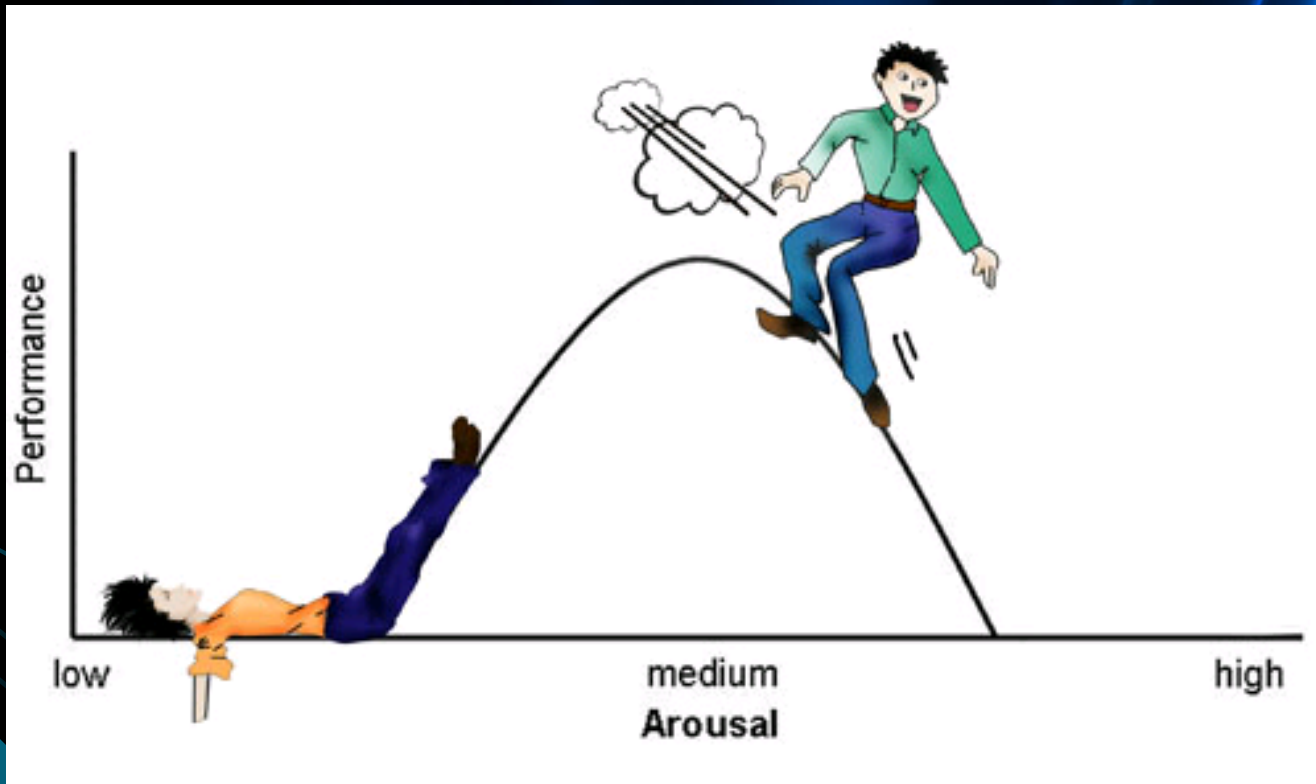
# Stress 101

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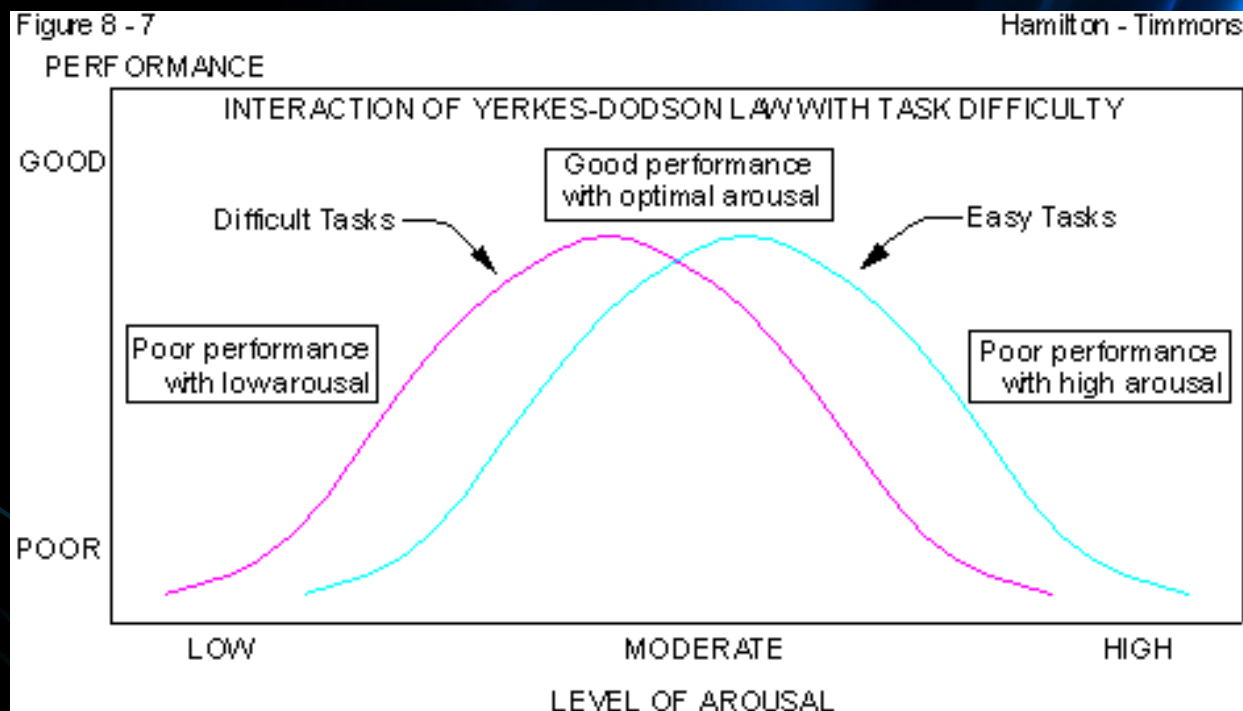
# What is Stress?

- The feeling that is created when we react to particular events.
- The body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

# Yerkes-Dodson Law of Arousal



# Yerkes-Dodson Law of Arousal



# Warning Signs

- **Physiological**
  - Racing heart, upset stomach, shortness of breath, sweaty palms, fatigue
- **Emotional**
  - Overwhelmed, tense, tearful
- **Cognitive**
  - Concentration, memory, negativity, decision making
- **Behavior**
  - Procrastination, overreacting

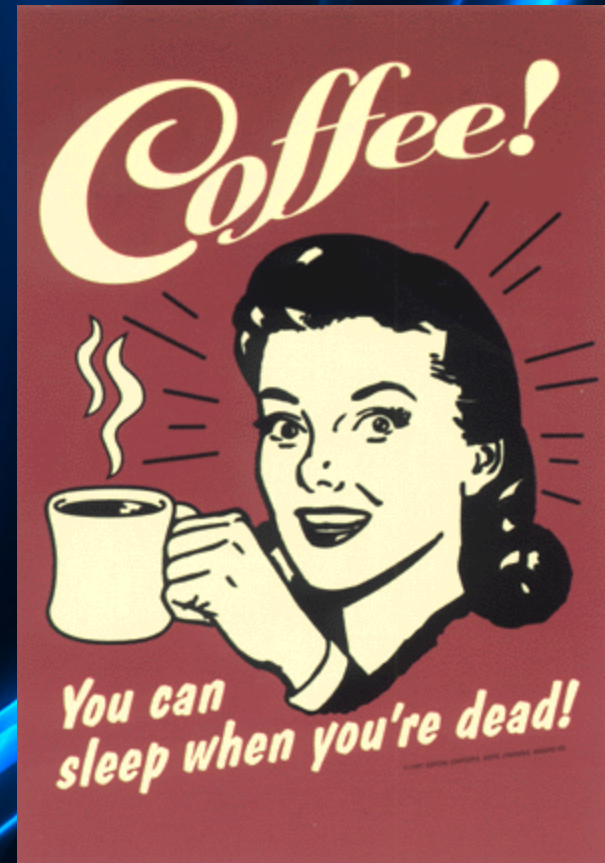
# What are some stressors that you have?

- School
- Money
- Relationships
- Family
- Job- Finding balance
- Future
- Health



# Quick Fixes...Don't Work

- Pulling all-nighters
- Drinking only coffee and energy drinks
- Overeating
- Drinking alcohol
- Smoking cigarettes or marijuana
- Over thinking and worrying



# 10 Resilience Building Characteristics

- Assertive Communication
- Changing Irrational Thinking Habits
- Healthy Diet and Exercise
- Expanded Support System
- Rational Problem Solving  
<http://www.youtube.com/watch?v=k0xgjUhEG3U>
- Goal Setting and Time Management
- Sensitivity to Your Body's Physical Symptoms
- Awareness of Fight or Flight Triggers
- Humor [http://www.youtube.com/watch?v=Z3z\\_yZ1G10g](http://www.youtube.com/watch?v=Z3z_yZ1G10g)
- Relaxation



# Stress Do's

- Talk to Supportive People
- Deep Abdominal Breathing Exercises
- Positive Thinking
- Cry
- Journal
- Enjoy Hobbies
- Meditate or Pray
- Squeeze a ball
- Take a Nap
- Take a Walk



# Activity

- <http://www.youtube.com/watch?v=oiFTXckh0zU>

# Don't Stress!

- For more information, contact  
The Counseling Center  
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229-333-5940