

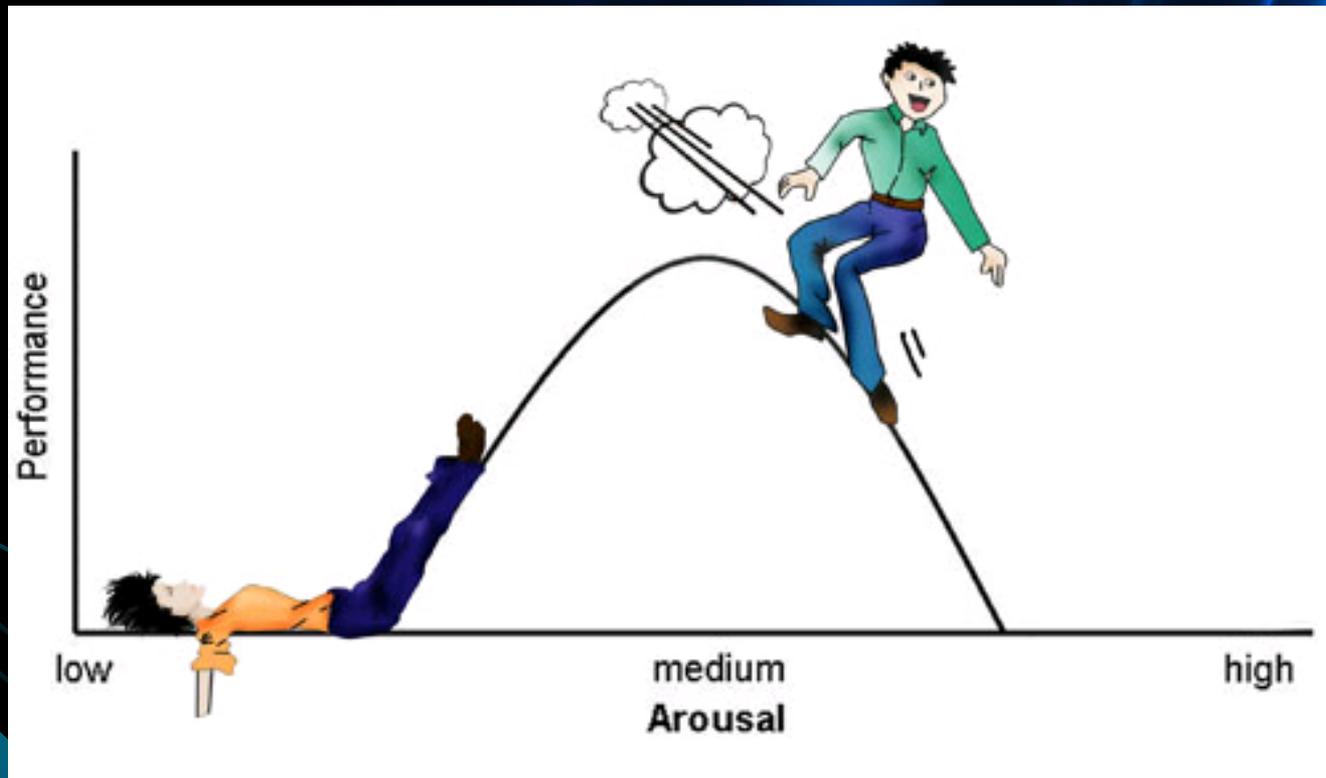
Stress 101

Presented by
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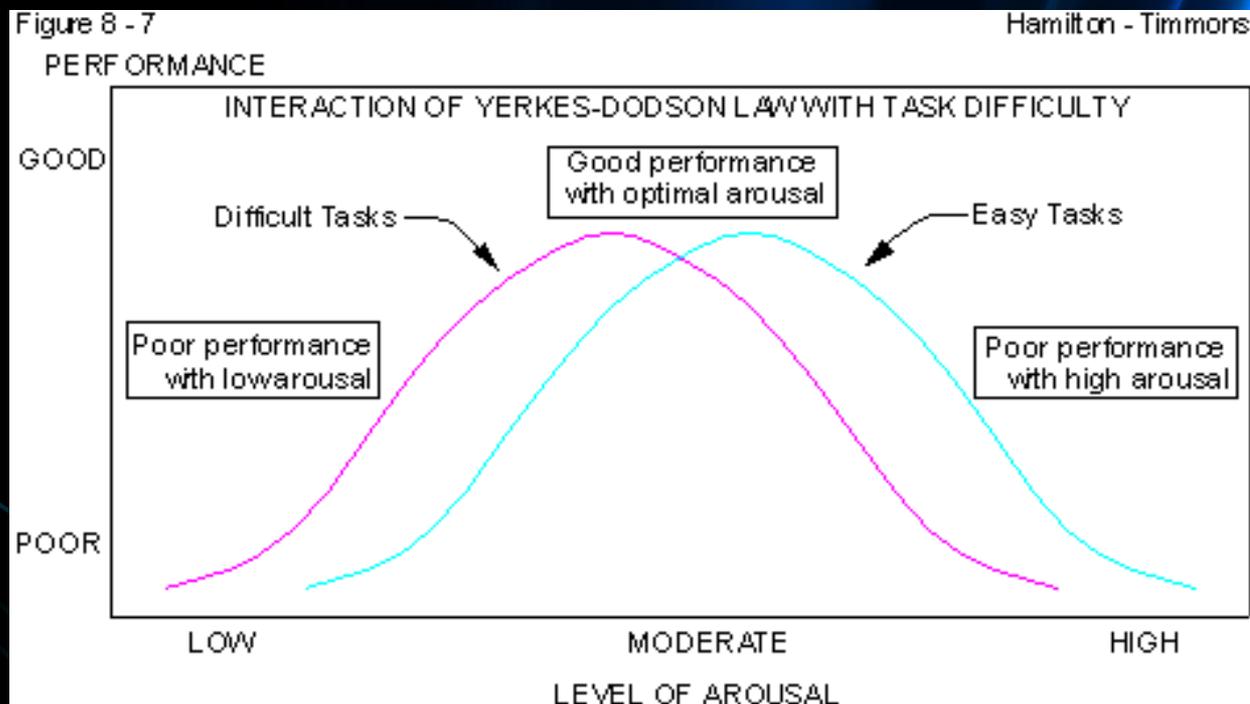
What is Stress?

- 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

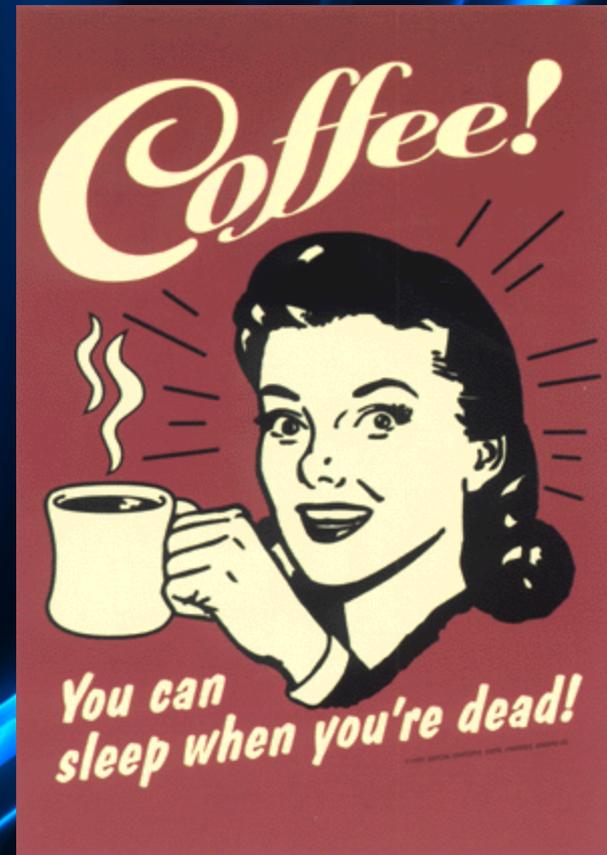
What are some stressors that you have?

- 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

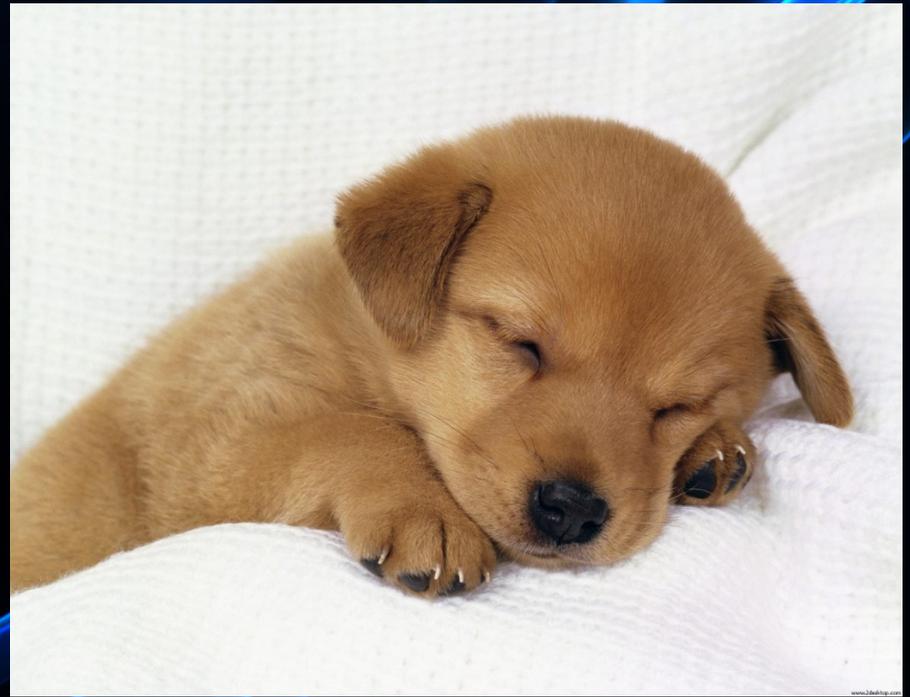


10 Resilience Building Characteristics

- 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
- 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
Powell Hall East, 2nd Floor
229-333-5940