Close Your Eyes & Count to Zen
How to Handle Stress in College

TEXAS STATE
Student Health Center

healthy cats
join healthy cats

PEER EDUCATORS

VISION
EDUCATING STUDENTS THROUGH PRESENTATIONS & OUTREACH

PROMOTE WELLNESS, INFLUENCE HEALTHY ATTITUDES & BEHAVIORS

HEALTHYCATS IS AN AWARD WINNING ORGANIZATION

EXPERIENCE
BOOST YOUR RESUME & GAIN VALUABLE SKILLS

IMPROVE PUBLIC SPEAKING SKILLS
GIVE BACK TO THE COMMUNITY
EARN SERVICE HOURS
LEADERSHIP OPPORTUNITIES

HOW DO I JOIN?
THOUGHT YOU MIGHT ASK

MEETINGS
EVERY TUESDAY
STUDENT HEALTH CENTER
5 30PM 2ND FLOOR
Open to all Students!

PRESENTATIONS
WHAT KIND OF THINGS PEER EDUCATORS TEACH

Healthy Cats address
Sexual Health
Drugs & Alcohol
Body Image
Nutrition
Mental Health
Stress

EMAIL QUESTIONS
HEALTHYCATS@TXSTATE.EDU

LIKE US ON FACEBOOK
facebook/HealthyCatsPeerEducators

www.healthcenter.txstate.edu/healthycats
PEER EDUCATORS

HISTORY
FROM 1997-PRESENT

16 YEARS & COUNTING

PRESENTATIONS
WHAT KIND OF THINGS PEER EDUCATORS TEACH

Men Against Violence address
Sexual Assault
Healthy Relationships
Hate Crimes
Masculinity
Alcohol & Violence

VISION
EDUCATING STUDENTS THROUGH PRESENTATIONS & OUTREACH

EXPERIENCE
BOOST YOUR RESUME & GAIN VALUABLE SKILLS

IMPROVE PUBLIC SPEAKING SKILLS
GIVE BACK TO THE COMMUNITY
EARN SERVICE HOURS
LEADERSHIP OPPORTUNITIES

OUTREACH
IN ADDITION TO PRESENTING PROGRAMS

This organization takes part in outreach & community service events such as:
- Sexual Assault Awareness Month
- Denim Day
- Regional Conferences & much more!

MAV IS AN
AWARD WINNING
ORGANIZATION

Open to all Students!

LIKE US ON FACEBOOK
facebook/mavtxstate
EMAIL QUESTIONS
menagainstviolence@txstate.edu

EVERY THURSDAY
STUDENT HEALTH CENTER
630 PM 2ND FLOOR

HATE

105x0 to 615x540
How do you define stress?
Stress

• The body’s response to anything that disrupts an individual’s life or regular routine
• Can be caused by events/thoughts that cause feelings of frustration, anger, nervousness, etc.
• Our perceptions of what is stressful can be different
• Eustress vs. Distress
• How does stress make us feel?
Types of Stressors

- Hassles
- Ongoing Difficulties
- Traumatic Events
Sources of Stress

- School
  - Tests
  - Papers
  - Group assignments
  - Parking
- Work
  - Supervisors
  - Coworkers
  - Customers
- Personal life
  - Obligations
  - Relationships
  - Health
- Community
- Money
- National & Global
Fight, Flight or Freeze Response

- Physiological changes that prepare the body for confrontation or avoidance - Saber Tooth Tiger
  - Brain
  - Sympathetic nervous system
  - Adrenal glands
When presented with a threat, our body’s natural response is to:

- Start a fight
- Run for our lives!
- Freeze & hope it goes away (the opossum technique)
- Adrenaline is secreted from our kidneys
- Cortisol is released, providing bursts of energy
- Heart rate, blood pressure and breathing ↑
- Hearing and sight are enhanced
- Digestive system slows to divert blood flow to more critical areas, such as muscles & brain.
Did You Know...

• When unable to return to a relaxed state, stress can become chronic, leading to mental & physical exhaustion or illness.

• 75-90% of visits to primary care physicians are due to stress related conditions.

• Stress hormones will be released continuously and cause health problems.

• With chronic or repeated stress, the body continues to produce cortisol. If the adrenal glands are perpetually called upon to produce cortisol, they eventually weaken, leading to adrenal fatigue and ultimately exhaustion (adrenal burnout) which can increase body fat and cause fatigue and depression, among other symptoms.

Warning Signals

- Physical - headache, tight neck, stomach discomfort, tiredness

- Behavioral - excessive smoking, eating, exercising, & inability to do things

- Emotional - crying, nervousness, feeling overwhelmed, anger, easily upset, feeling on edge

- Cognitive - trouble thinking clearly, worry, inability to decide

- Spiritual - loss of meaning, doubt, cynicism, apathy, loss of direction

- Relational - resentment, nagging, isolation, fewer contacts with friends
Top factors affecting academic performance

Source: 2010 American College Health Association National College Health Assessment
Chronic Stress

- Over time chronic stress can lead to:
  - Headaches
  - TMJ
  - Hypertension
  - Low back pain
  - Poor sleep
  - Heart disease
  - Stroke
  - Overweight/underweight

- Infections (Cold, Flu, etc.)
- Difficulty thinking clearly
- Mental illness
  - Depression and anxiety
  - Drug and alcohol abuse
- Decreased sex drive
- Poor academic performance
Sabotaging Yourself

- Caffeine
- Nicotine
- Sugar
- Under & Over Eating
- Alcohol & Other Drugs
Sabotaging Yourself

• Caffeine, cigarettes & sugar - increase stress

• Cigarettes & caffeine stimulate heart rate, blood pressure & hormone levels
• Caffeine can cause sleeplessness & headaches
• Sugar gives you a quick burst of energy, but leaves you with less energy.
Sabotaging Yourself

- Drugs & alcohol- aggravates stress
  - Alcohol slows you down & puts additional stress on the body
  - These chemicals are poison to the body & harm/strain your immune, circulatory, & nervous system
  - They hinder one’s ability to handle stress effectively & possibly compound the problem
  - Possibly cause new stress (fights, car wrecks, etc.)
What You Can Do

• Positive mental attitude
• Exercise & Stretch
• Rest & Sleep
• Balance Nutrition
• Seek Friends
• Deep Breathing
• Have Fun
• Clarify priorities
• Learn assertiveness
• Improve communication
• Stop taking on responsibilities that aren’t yours to control
• Make a Personal Stress Management Plan
Coping Strategies

• Emotion-Focused Coping
  • Behavioral Disengagement
  • Self-distraction
  • Denial
  • Self-blame
  • Venting

• Problem-Focused Coping
  • Action
  • Planning
  • Positive-reframing
  • Using Social Support
  • Acceptance
Self Leadership

Physical Resilience

Spiritual Life
Purpose

Social Connectedness

Emotional Centeredness

Psychological Optimism

Intellectual Stimulation

Juggling Act Inventory Activity

- Responsibilities
- Obligations
- Perfectionism
Resources

- Student Learning Assistance Center (SLAC)
  - 245-2515
- Counseling Center
  - 245-2208
- Student Health Center
  - 245-2161
- Campus Recreation
  - 245-2392
- Campus Activities & Student Organizations
  - 245-3219
- Many registered massage therapists in San Marcos and local area
Become a Peer Educator!

Meet Thursdays at 6:30 pm
SHC Conference Room

Meet Tuesdays at 5:30 pm
SHC Conference Room

healthy cats

Meets Thursdays at 6:30 pm
SHC Conference Room

Men Against Violence