

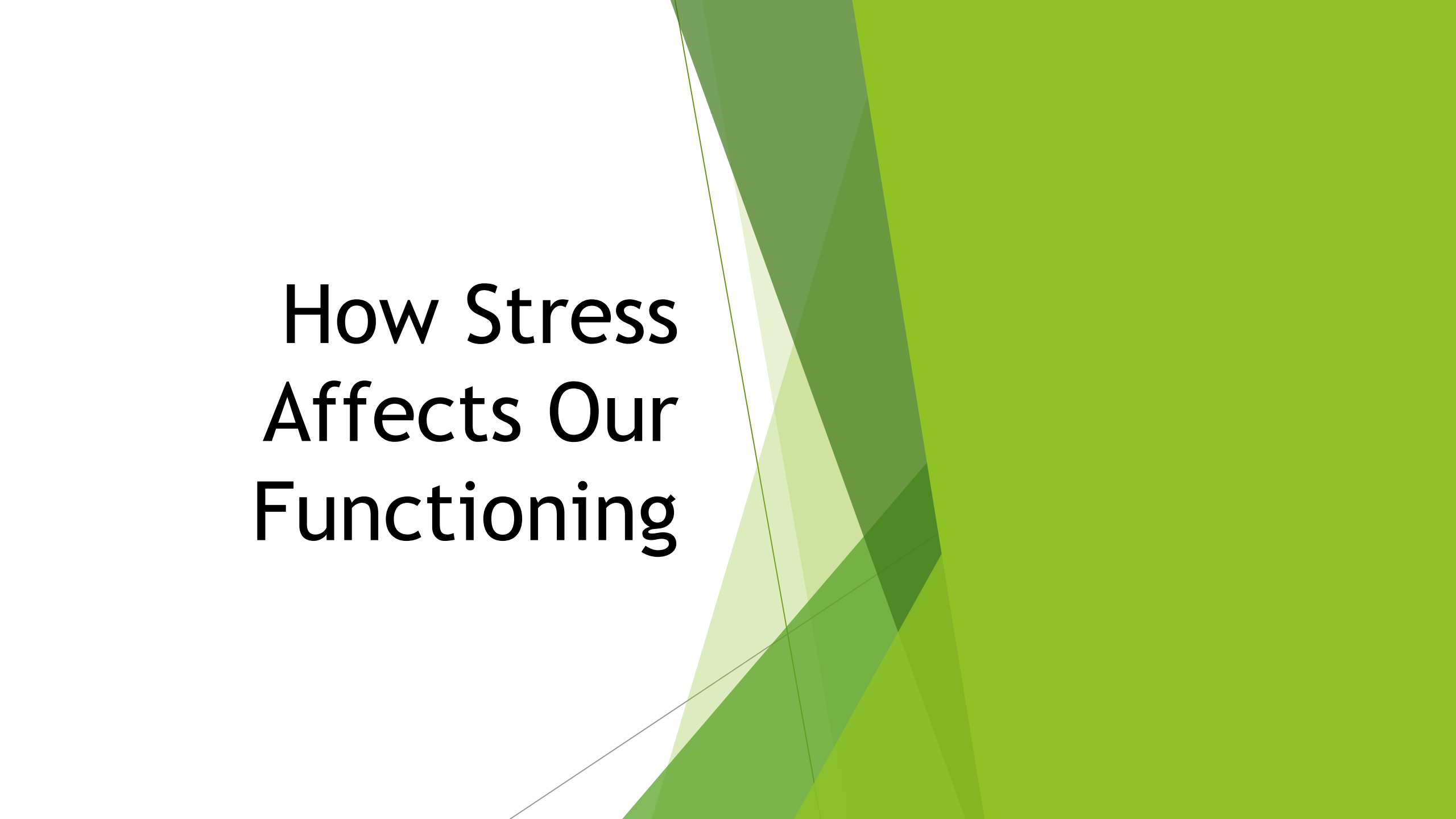


Tips & Tricks to Handle
STRESS

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Wellness Resource Services

Overview

- ▶ Research and Statistics
- ▶ Impact of Stress
- ▶ Window of Tolerance
- ▶ Coping Skills
- ▶ Self-Care
- ▶ Reducing Stress While Learning Online
- ▶ Student Services at SCTCC

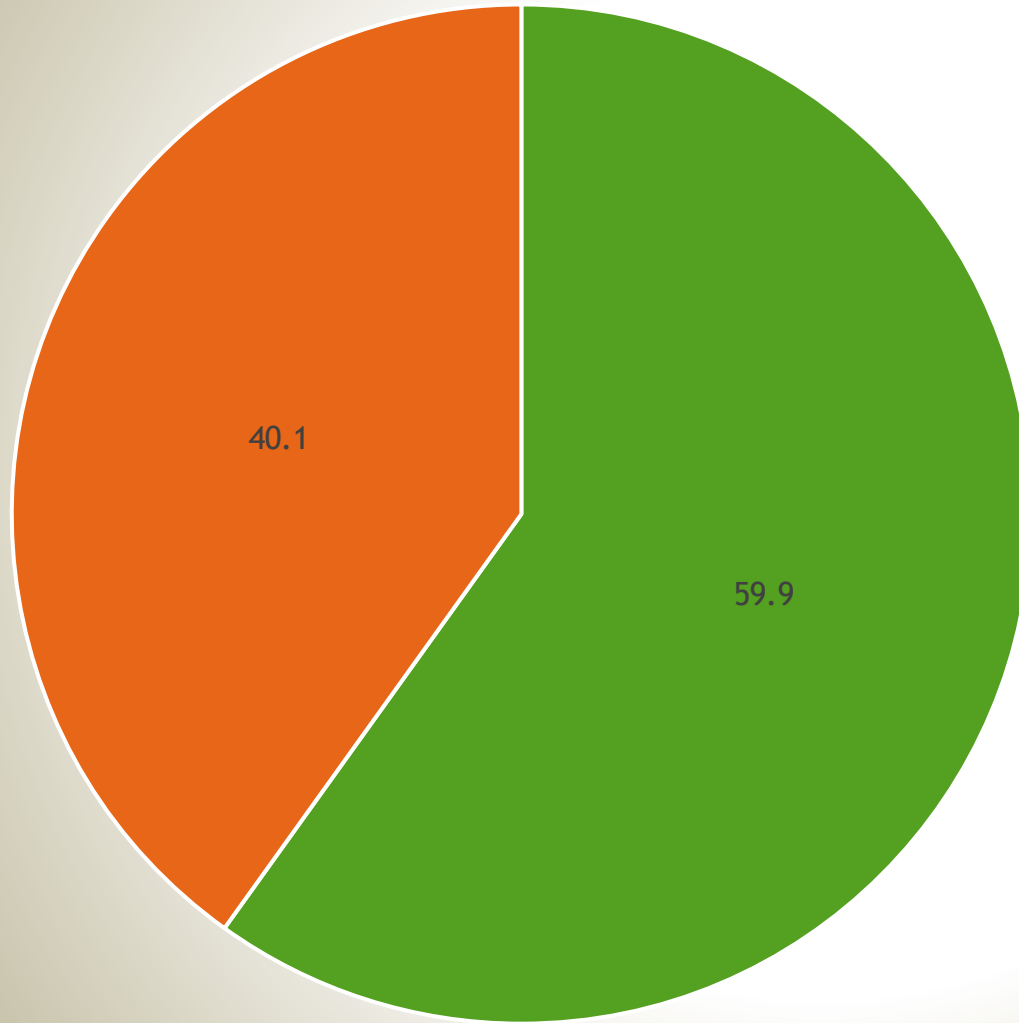
The background features a series of overlapping, semi-transparent green geometric shapes, primarily triangles and quadrilaterals, that create a dynamic, layered effect. The colors range from a light, pale green to a vibrant, saturated lime green. The shapes are positioned on the right side of the frame, extending towards the center, while the left side remains a plain white background.

How Stress Affects Our Functioning

Some Research and Statistics

- ▶ Statistics on stress from the 2018 College Student Health Survey Statistics, Boynton Health
 - ▶ 28,895 students from 18 Minnesota colleges and universities were randomly selected to participate in this survey
 - ▶ 10,579 (36.6%) students completed the survey
- ▶ Student reports of experiencing stressors in the last 12 months
 - ▶ 39.8% of students reported experiencing two or more significant stressors within the past 12 months
 - ▶ 23.4% reported experiencing three or more stressors over that same time period

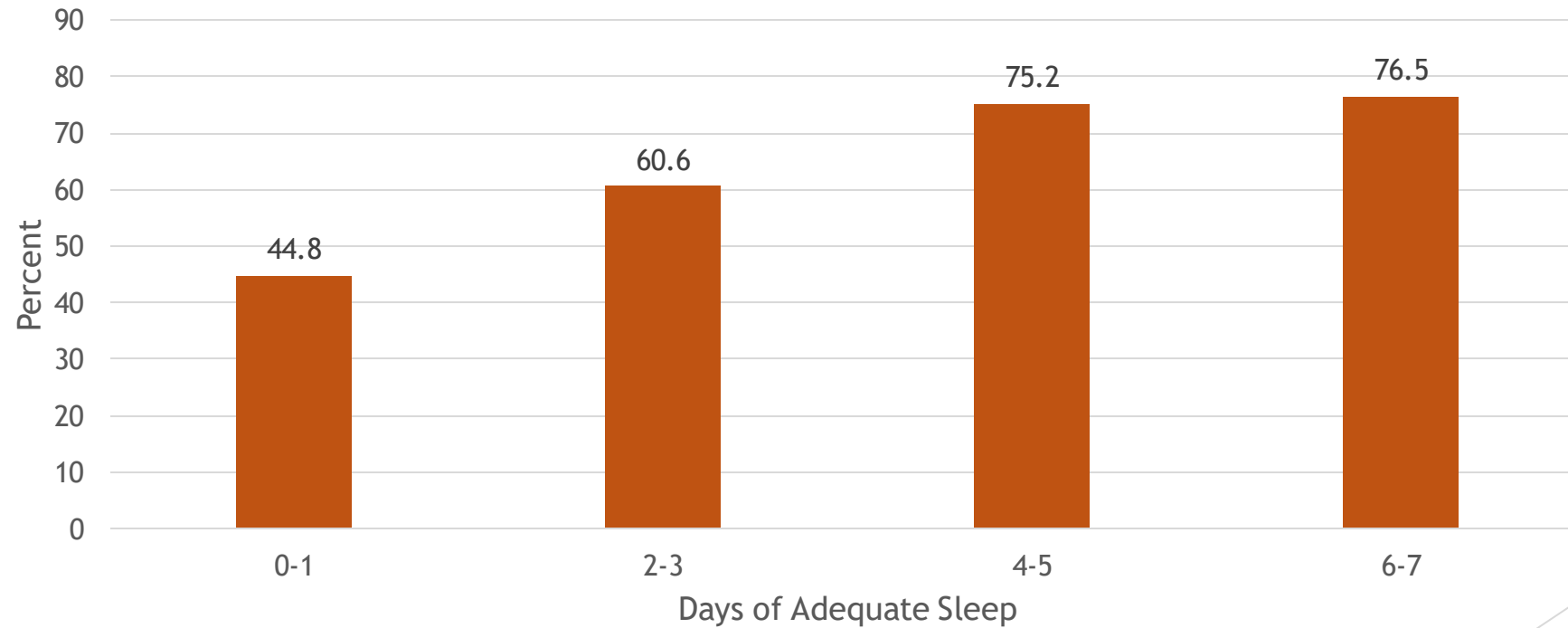
Ability to Mangle Stress Past 12 Months (All Students)



■ Managed Stress ■ Unmanaged Stress

How Does Sleep Effect Ability to Mange Stress?

Adequate Sleep and Ability to Mange Stress



Stress Can Impact Our...

▶ Thoughts

- ▶ Memory problems
- ▶ Difficulty with concentration
- ▶ Nervousness
- ▶ Focusing on the negative

▶ Feelings

- ▶ Moodiness
- ▶ Irritability/short temper
- ▶ Overwhelmed
- ▶ Depression or general unhappiness
- ▶ Crying spells

▶ Behaviors

- ▶ Eating more or less
- ▶ Changes to sleep
- ▶ Isolating self
- ▶ Using alcohol or drugs to relax

▶ Physical Responses

- ▶ Muscle tension
- ▶ Aches and pains
- ▶ Gastrointestinal disturbance
- ▶ Nausea, dizziness
- ▶ Chest pain, rapid heartbeat

Why Do I Get
so Cranky
When I'm
Stressed?

IT'S NORMAL TO HAVE A SMALLER

WINDOW OF TOLERANCE

DURING STRESSFUL TIMES

@LINDSAYBRAMAN





▶ **Coping with Stress**

What is a Coping Skill?

- ▶ Techniques and strategies a person may use to decrease stress and deal with challenging situations

Why Coping Skills Are Important

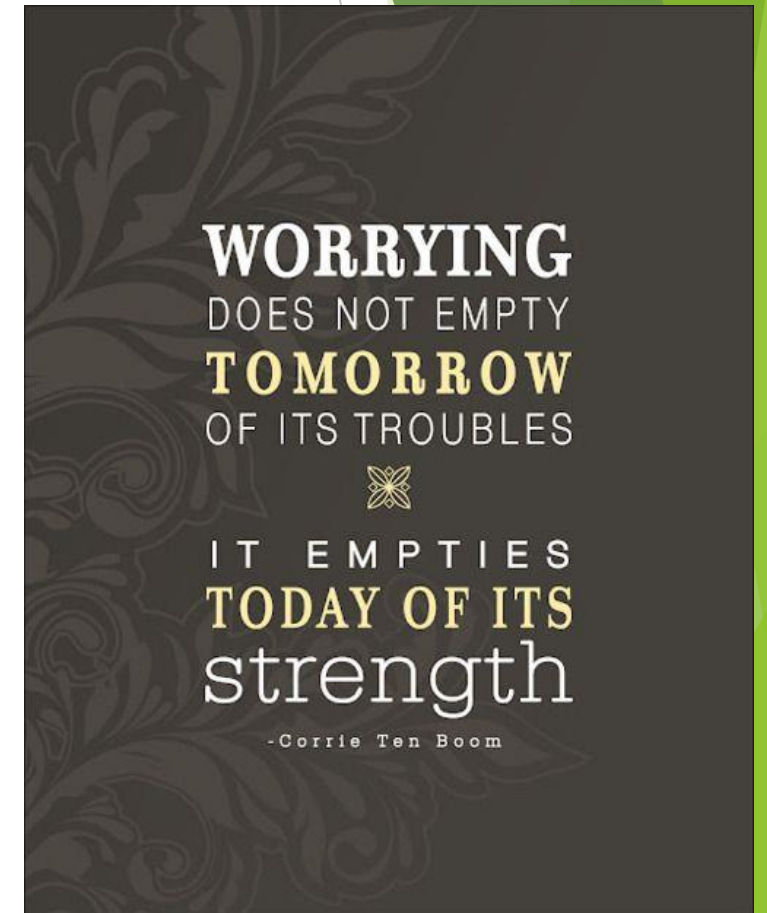
You likely have or will experience stress or some kind of unpleasant emotion at some point

Learning some coping and calming techniques can help you manage these feelings even if they happen infrequently

May also help with other mental health concerns such as anxiety, depression, PTSD

Ways You Can Reduce Stress

- ▶ Ensure you are taking care of your physical well being
- ▶ Mindfulness
- ▶ Set realistic expectations for yourself and others
- ▶ Identify and challenge negative thoughts
- ▶ Reach out to family or friends
- ▶ Take a break-find something enjoyable/relaxing/funny
- ▶ Relaxation
- ▶ Deep breathing exercises



Deep Breaths...

Do They *Really* Make a Difference?

- ▶ Yes!!
- ▶ Deep breathing can
 - ▶ Slow your heartrate and lower blood pressure
- ▶ Hand Tracing Breathing Exercise
 - ▶ Optional participation
 - ▶ If you have a fitness tracker or smart watch with heart rate monitoring, check your HR before and after breathing exercise

Practice: Hand Tracing Breathing Exercise

Optional Participation

Helpful Apps



Top 10 Tips for Coping with Stress



Breathing exercises



Listen to music



Play with a pet



Get out of the house



Hang out with a friend

Top 10 Tips for Coping with Stress



Exercise



Call someone



Make sleep a priority



Do something you find fun!



Use an app for relaxation

Top 10 Tips for Coping with Stress

- ▶ Do some breathing exercises
- ▶ Listen to music
- ▶ Play with a pet
- ▶ Get out of the house
- ▶ Hang out with a friend
- ▶ Exercise
- ▶ Call someone
- ▶ Make sleep a priority
- ▶ Use an app for relaxation (Calm, Headspace, Happify, SuperBetter, Breathe2Relax)
- ▶ Do something you find enjoyable



Self-Care

What's that?

Self-Care

- ▶ Something we do with intention to take care of our overall wellbeing
 - ▶ Mental, emotional and physical health
- ▶ Self-awareness (compassion, kindness, how do I know if I am not doing well)
 - ▶ Knowing what we need to do to take care of ourselves
- ▶ Builds confidence and resilience
- ▶ Practicing self-care can improve your mood, relationships, and reduce stress and anxiety

Taking Care of Our Basic Needs

- ▶ Food, shelter, clothing, safety
- ▶ Physical wellbeing
- ▶ Getting adequate sleep, eating well, staying hydrated, exercise
- ▶ Reach out to supports
- ▶ Family, friends
- ▶ Student support services
- ▶ Treating/Assessing Possible Medical Conditions

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



PERSONAL

Hobbies
Knowing yourself
Personal identity
Honoring your true self



SPACE

Safety
Healthy living environment
Security and stability
Organized space




FINANCIAL

Saving
Budgeting
Money management
Splurging
Paying bills



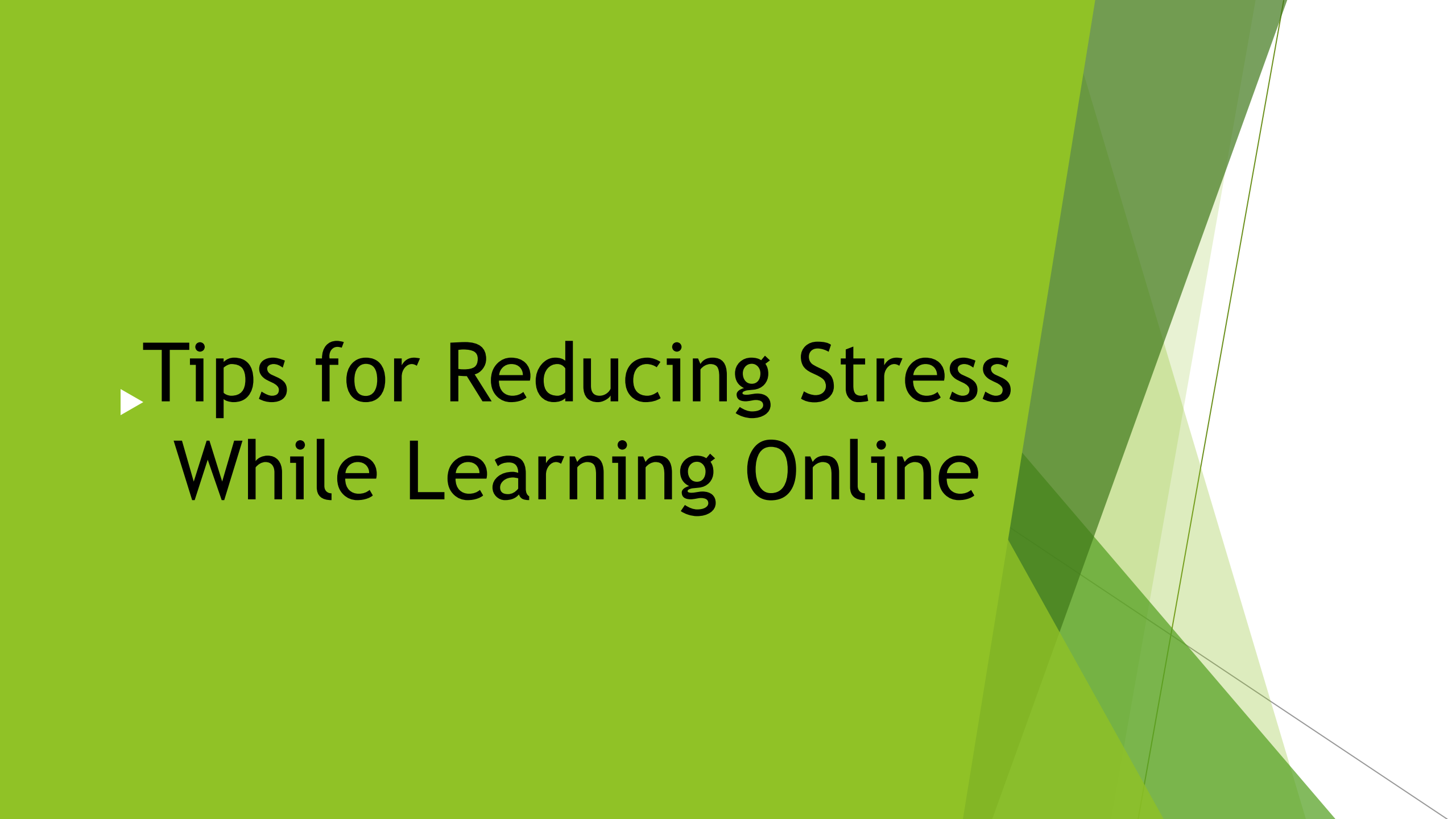
WORK

Time management
Work boundaries
Positive workplace
More learning
Break time



When we make the time to take care of ourselves, we can function more efficiently!

And may be less cranky along the way.

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▶ Tips for Reducing Stress While Learning Online

Tips for Improving Your Online Learning Experience

- ▶ Create a desk/workspace dedicated to school work (if possible)
 - ▶ Avoid working from your bed
- ▶ Keep your space organized
 - ▶ Clean up at the start or end of the day
- ▶ Make a list of tasks you want to accomplish each day
 - ▶ Keep track and check off as you go
- ▶ Follow a routine
 - ▶ wake up time, lunch-and eat a real lunch, bedtime
 - ▶ Set a start and end time for your work
- ▶ Adjust your computer brightness
- ▶ Get dressed
- ▶ Use breaks to get up and stretch
- ▶ Stay hydrated and have healthy snacks available
- ▶ Stay connected



▶ Student Services at
SCTCC

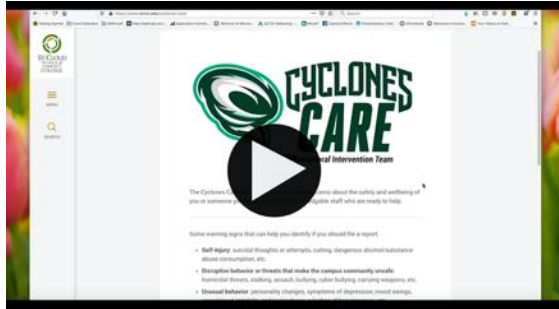
Mental Health Services Available at SCTCC

- ▶ Short term individual counseling
 - ▶ Consultation
 - ▶ Referrals for community supports
 - ▶ Crisis interventions
 - ▶ Free Online Mental Health Screening
-
- ▶ There are many other student services offered at SCTCC as well
 - ▶ Find out more at www.sctcc.edu/student-services-resources

How to Access Mental Health Services

Fill out a Cyclones Care form (found here: <https://webapps.sctcc.edu/bit/>)

- Enter the information requested
- Check the box Is this is a mental health referral?
- Submit
- Watch a how to video here: <https://www.youtube.com/watch?v=Uw-FYrxtrOs&feature=youtu.be>



- Cyclones Care forms can also be found by searching cyclones care on the website

Student walk-in appointments are available as time and scheduling allows

- Visit Kim Wehlage in Student Services - 1-401 or
- Call 320-308-5090 or
- Email kimberly.wehlage@sctcc.edu

Other Mental Health Resources

- ▶ Suicide Prevention and Supports
 - ▶ National Suicide Prevention Lifeline- 1-800-273-TALK (8255)
 - ▶ 24-hour Local Crisis Hotline- 1-800-635-8008
 - ▶ 24-hour Crisis Text Line- Text HOME to 741741
- ▶ For additional Mental Health Resources, check out our website <https://www.sctcc.edu/mental-health-services>
 - ▶ Or search “Mental Health” from the main SCTCC web page



You Could Win One of Several Great Prizes by Attending Today!

To be entered to win, you **MUST**

- ▶ Email your student ID # to kimberly.wehlage@sctcc.edu (available in the chat) and include you attended Tips and Tricks to Handle Stress

Prizes!

- ▶ Attend 1 session: you will be entered for a drawing for \$20.00 Bookstore gift cards, t-shirts and other SCTCC swag
- ▶ Attend 2 or more sessions and complete a survey (link to survey available in the chat): you will be entered in a drawing for a \$50.00 Bookstore gift card



Questions

Contact information:

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Wellness Resource Services

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320-308.5006