Tips & Tricks to Handle Stress

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Overview

- Research and Statistics
- Impact of Stress
- Window of Tolerance
- Coping Skills
- Self-Care
- Reducing Stress While Learning Online
- Student Services at SCTCC
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 Manage Stress
Past 12 Months (All Students)

- Managed Stress: 59.9
- Unmanaged Stress: 40.1
How Does Sleep Effect Ability to Manage Stress?

Adequate Sleep and Ability to Manage Stress

Days of Adequate Sleep:
- 0-1 days: 44.8%
- 2-3 days: 60.6%
- 4-5 days: 75.2%
- 6-7 days: 76.5%
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?
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 heart rate 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

- Breathe
- Calm
- Headspace
- Happify
- SuperBetter
Top 10 Tips for Coping with Stress

- Breathing exercises
- Play with a pet
- Get out of the house
- Listen to music
- Hang out with a friend
Top 10 Tips for Coping with Stress

1. Exercise
2. Make sleep a priority
3. Do something you find fun!
4. Call someone
5. 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.
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 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

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