STRESS MANAGEMENT

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Overview

- What is Stress?
- Common Thinking Traps
- Strategies for Coping with Stress
- Mindfulness
Taking a Mindful Moment
# Sources of Stress

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<tr>
<th>Work</th>
<th>Roommate</th>
<th>Legal matters</th>
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<td>Classes</td>
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<td>Mental health</td>
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<td>Studying</td>
<td>Money</td>
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<td>Relationship with partner</td>
<td>Appearance</td>
<td>Spiritual and religious issues</td>
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<td>Relationship with family</td>
<td>Physical health</td>
<td>Career decisions</td>
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<td>Relationship with friends</td>
<td>Not “fitting in”</td>
<td>Attitudes/thoughts</td>
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<td>Trauma</td>
<td>Getting married</td>
<td>Finding an apartment</td>
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<td>Change in residence</td>
<td>Adjusting to UCSF, SF</td>
<td>Lack of time</td>
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<td>Change in amount of social activities</td>
<td>Difficult colleague or supervisor</td>
<td>Death of friend/family member</td>
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Stress and the Mind/Body Connection: “Fight or Flight” Response

**Resting or Working Mind and Body**

**Muscles:** Relaxed  
**Mind:** Focused, Clear Thinking & Memory  
**Hormones:** Regulating Normally  
**Heart Rate/Blood Pressure:** Normal, good circulation  
**Breathing:** Smooth, Deep, Slow  
**Stomach:** Digesting normally  
**Sweat Glands:** As needed to cool off  
**Immune System:** Protecting the body  
**Emotions:** Manageable

**Stress Response:** Faster, Stronger for Survival

**Muscles:** Tense up, poised for action  
**Mind:** Instinctive; higher thinking shuts down  
**Stress Hormones** Released: Adrenalin, Cortisol  
**Heart Rate:** Speeds up to pump more blood to muscles  
**Breathing:** Shallow and quick  
**Stomach:** Digestion shuts down; “butterflies”  
**Sweat Glands:** More active  
**Immune System:** Shuts down to conserve energy  
**Emotions:** Fear, Anger, Panic Nervousness

Source: BYU Stress Management and Biofeedback Services, https://caps.byu.edu/biofeedback
Stress response is *overactive* and *maladaptive*

In our fast-paced world with constant stressors, the stress response impairs our concentration, memory, rational thinking and ability to function

Leads to chronic stress and disease

- 70-80% of doctor visits are stress-related (high BP, headaches, ulcers, insomnia, etc)

Source: BYU Stress Management and Biofeedback Services, https://caps.byu.edu/biofeedback
“Why Zebras Don’t Get Ulcers”

After zebras outrun the lion. . .

…they go back to grazing, playing, etc.

We need to stop running when we are not being chased!

* Why Zebras Don’t Get Ulcers, Robert M. Sapolsky, 2004
Source: BYU Stress Management and Biofeedback Services, https://caps.byu.edu/biofeedback
Not All Stress is Bad!

Stress and Performance Curve:
Model for Understanding Our Experience

Environment (Situations, Stressors)

Thoughts

Feelings

Physical Sensations

Behaviors
Common Thinking Traps

1. Overgeneralization
2. Polarized (All-or-Nothing) Thinking
3. Mental Filtering
4. Discounting the Positive
5. Self-Blaming
6. Self-Defeating Comparison
7. Control Fallacies
8. Catastrophizing
9. Should Statements
Self-Care

• It’s absolutely essential for you to feel your best in order to perform your best.
• Lack of self-care will directly impact your work quality.
• Make time for self-care in order to be your optimal self.
Strategies for Coping with Stress

• Go Back to the Basics:
  • Exercise
  • Sleep
  • Nutrition
  • Avoid/minimize substance use
  • Address any medical concerns

• Balanced lifestyle:
  • Continue participating in hobbies and enjoyable activities
  • Spend time nurturing relationships with family, friends, and significant others

• Spirituality / Reflective Time
• Positive Self-Talk
Mindfulness

- The quality of attention or awareness that you bring to everyday life.
- Living your life “awake”.
  - Nonjudgmentally, in the present moment, with intention.

Mind Full, or Mindful?
Mindfulness Exercise
Resources

• Website:
  • UCLA Mindful Awareness Research Center → Free Guided Meditations
• Apps:
  • Headspace
  • Calm
  • Stop, Breathe and Think
• For Additional Support:
  • Student Health & Counseling Services Website: studenthealth.ucsf.edu
  • For more information or to schedule an appointment:
    ▪ Call 415-476-1281
    ▪ Drop in to Millberry Union West, level P8, room 005
    ▪ Drop in to Rutter Center, 1675 Owens Street, 3rd floor, room 330
• Student Health Outreach Calendar:
  • http://studenthealth.ucsf.edu/calendar