



MANAGING STRESS

Stall Seat Journal

Office of Health Promotion
Department of Student Health
University of Virginia

Volume 16, Issue 6
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Life can be sweet and satisfying, and it can also be stressful at times. Building a toolkit of strategies to deal with stressful times effectively can help people feel better about the present and the future.



Deep Breathing

Deep breathing activates the parasympathetic nervous system, which helps calm the body.

Take deep, slow breaths from your abdomen. Breathe in through your nose, then slowly exhale through your lips. Count five to ten slow breaths to begin, then consider adding more. Try it when waking up in the morning, before or after a test, or just before bed.



Progressive Muscle Relaxation

This is a good way to relax your body and mind when waking up or after a busy day.

Get comfortable and take a few slow, deep breaths. Focus on how your right foot feels. Slowly tense the muscles in your foot, hold for ten seconds, then relax. When ready, repeat with the left foot. Move through your whole body: legs, stomach, back, arms, shoulders, neck, and face.



Journaling

This can help you appreciate positive things, work through challenges, and know yourself better.

Take time to reflect on your day (or week or month) by writing down your thoughts and feelings. Try journaling to calm you before going to sleep, especially if your feelings are all jumbled up or your mind is racing.



Mindfulness

It can help someone worry less about the past, the future, or the expectations of others.

Mindfulness is about paying attention to the present without judgement - just focusing on what you're doing or feeling at the time. Try one of these: (1) pay attention to eating a meal or snack, instead of attempting to multitask; (2) take ten deep breaths and listen to your breathing; or (3) walk to your next class without making a phone call or texting.



Prioritizing healthy habits like eating, exercising, sleeping, and connecting with friends can help manage stress on a daily basis.



Confiding in friends is a common way for UVA students to manage stress and build relationships. It can be a challenge to open up, but it is healthy to show struggles to people you trust - and it can help your friends feel better too! Being vulnerable with someone is a gift to both you and the person you confide in.

Reaching out to others is a good way to **support and strengthen your peers**. If a friend feels overwhelmed, help them renew their focus on values and hopes for life at UVA. This can help them use time and energy in healthy ways, even when school and other aspects of life feel stressful.

RESOURCES FOR MANAGING STRESS

Counseling and Psychological Services (CAPS) (434) 243-5150

Located in Student Health.

UVA's FREE, confidential student counseling clinic is here to help you and your friends thrive.

Appointments

One-on-one support for any kind of stress or anxiety plus help building stress management skills. Call to see how CAPS can best support you.

Growth Groups

Several support groups for learning and healing, including a mindfulness group.
virginia.edu/studenthealth/caps/group.html

Office of the Dean of Students (ODOS) (434) 924-7133

Help navigating any issue, no matter how big or small.

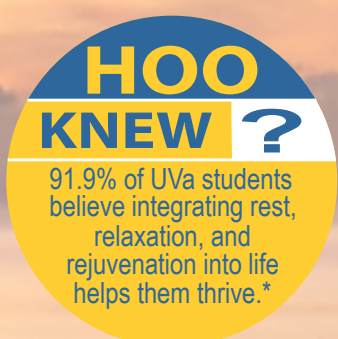
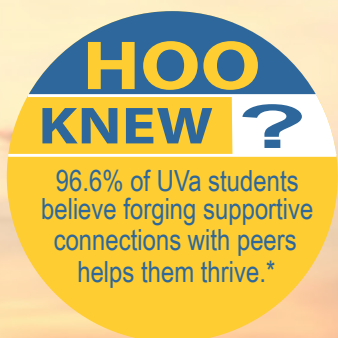
Madison House HELP Line (434) 295-TALK

Talk about anything, anytime, 24/7.

If stress becomes too much to handle in a crisis, get support right away:

CAPS (434) 972-7004 afterhours emergencies

ODOS (434) 924-7166 afterhours emergencies



*From the Spring 2015 Health Survey with responses from 931 UVA students