

STRESS MANAGEMENT

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What is Stress???

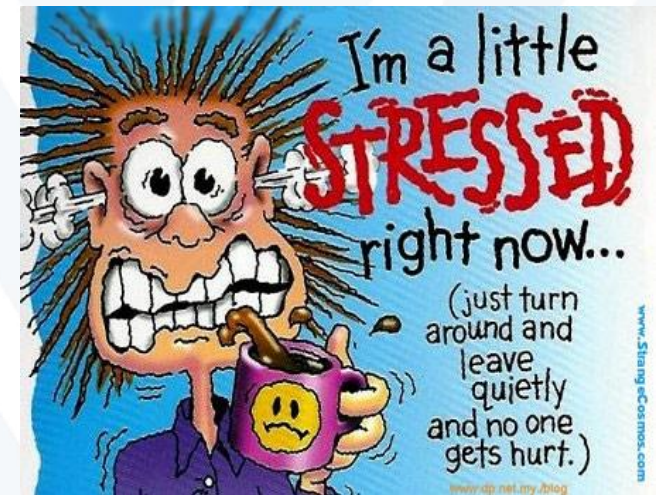
Signs and Symptoms

Definition of Stress

- A state of mental tension and worry caused by problems in your life, work, etc.
- Something that causes strong feelings of worry or anxiety
- Physical force or pressure

What Stresses us Out??

- Classes/Professors
- Work
- Family
- Friends
- Significant Other
- Homework/Tests
- Other Stressors



Physical Signs/Symptoms

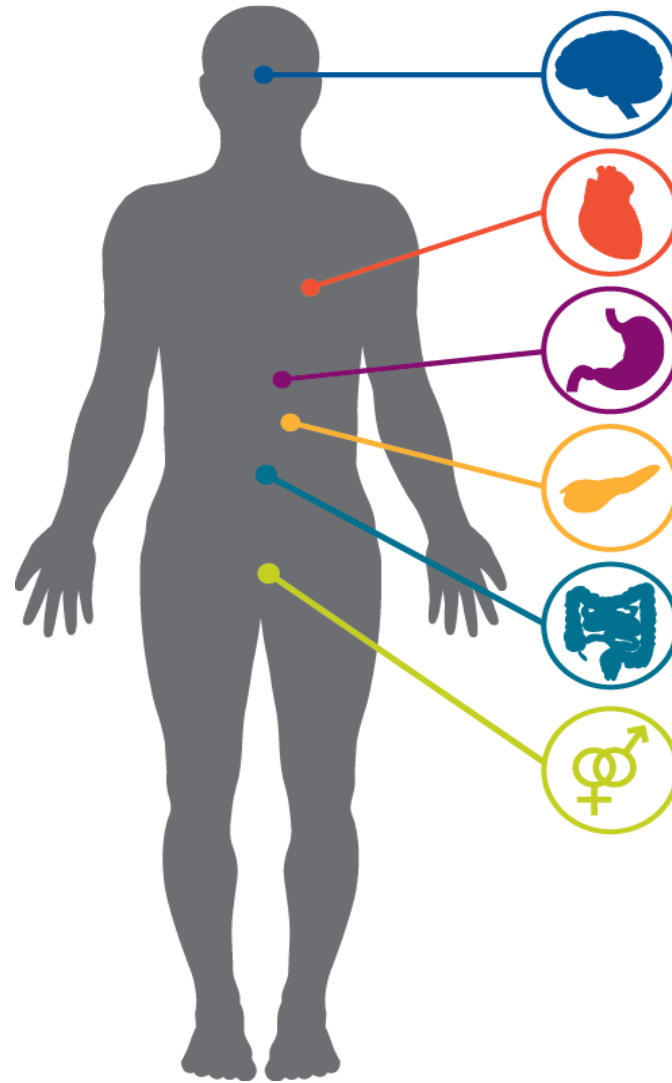


- Low energy
- Headaches
- Upset stomach
- Muscle pain/tension
- Rapid heartbeat
- Insomnia
- Dry mouth
- Low immune system- frequent illnesses or infections
- Loss of sexual desire or ability

Cognitive and Behavioral Symptoms/Signs

- Racing thoughts
- Constant worry
- Forgetfulness
- Changes in appetite
- Being pessimistic
- Nervous behaviors (nail biting)
- Inability to focus
- Mood swings
- Feelings of being overwhelmed
- Increase in alcohol or drug use
- Procrastination or avoidance

Effects of Stress on the Body



Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)

Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack

Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite

Pancreas: Increased risk of diabetes

Intestines: Diarrhea, constipation and other digestive problems

Reproductive Organs: For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)

Long Term Effects

- Depression
- Anxiety
- Cardiovascular issues (stroke, high blood pressure, heart attacks)
- Obesity or other eating disorders
- Gastrointestinal problems (ulcers, IBS)
- Sexual dysfunction and/or issues with menstrual cycle

How do I deal with Stress???

Tips and Techniques

Relaxation



- Meditation
- Deep Breathing
- Guided Imagery
- Progressive Muscle Relaxation
- Yoga
- Massage Therapy
- Exercise
- Coloring
- Listening to Music

Managing Stress

- Organized
- Get enough sleep
- Exercise
- Time Management
- Anticipate Problems
- Plan Ahead
- Set Goals
- Do not self medicate
- Ask for help



Relaxation Exercise

- <https://www.youtube.com/watch?v=1ZYbU82GVz4>





If you are struggling with stress and need help with coping skills or stress reduction contact the Counseling Center at 304-929-1237 or at tech-counseling@mail.wvu.edu