

COUNSELING CAPSULES

An information service from the UTEP Counseling Center
Visit our web site at: <http://sa.utep.edu/counsel/>

Stress Management

Stress is a natural and unavoidable part of all our lives. The "stress response" involves multiple, complex physiological changes in response to perceived demands and/or threats. In many ways, stress can be beneficial in that it pushes us to peak performance. Such "positive stress" adds zest to life. It keeps us alert and focused, motivates us to face challenges, and drives us to solve problems. When most of us speak of stress, however, we refer to feelings of having too much pressure. "Negative stress" occurs when we feel overwhelmed by emergencies and/or lack the skills to cope effectively with difficult experiences. But stress is not an external event or situation. The experience of stress has to do with our physical, emotional and psychological capacity to respond to that stress.

SIGNS THAT INDICATE STRESS

Physical

- ◆ Fatigue
- ◆ Headaches
- ◆ Backaches
- ◆ Weight Loss Or Gain
- ◆ Hypertension
- ◆ Digestive Problems
- ◆ Frequent Colds/Illness

Emotional

- ◆ Irritability
- ◆ Anxiety
- ◆ Feelings Of Helplessness
- ◆ Loneliness
- ◆ Depression
- ◆ Anger
- ◆ Self-Rejecting Thoughts

Behavioral

- ◆ Insomnia
- ◆ Overeating
- ◆ Interpersonal Conflicts
- ◆ Procrastination
- ◆ Poor Concentration
- ◆ Memory Loss
- ◆ Sexual Dysfunction

MANAGING STRESS

- ◆ Maintain Good Health Habits
- ◆ Exercise Regularly
- ◆ Eat Right
- ◆ Get Enough Sleep
- ◆ Don't Abuse Alcohol/Drugs
- ◆ Limit Caffeine and Sugar
- ◆ Make A List
- ◆ Take A Break
- ◆ Pace Yourself
- ◆ Manage Your Time

- ◆ Change Personal Habits
- ◆ Be Kind To Yourself
- ◆ Talk Out Problems
- ◆ Do Things You Enjoy
- ◆ Remember What Is Important
- ◆ Learn Relaxation Techniques
- ◆ Practice Breathing Exercises
- ◆ Delegate Tasks
- ◆ Laugh

- ◆ Listen to Relaxing Music
- ◆ Laugh some more
- ◆ Set Limits
- ◆ Play
- ◆ Think Constructively
- ◆ Be Realistic
- ◆ Slow Down
- ◆ Plan Alternatives
- ◆ Review Your Priorities
- ◆ Breathe Some More...

HELP! WHERE TO FIND IT:

University Counseling Center.747-5302
202 West Union: 8-7 M-T / 8-5 W-F