Stress Management

What is STRESS?
80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress and 42% say their coworkers need such help. - Stress.org

Stress is the inability to cope with a perceived (real or imagined) threat to one’s physical, emotional, mental, and spiritual well-being, resulting in a series of physiological responses and adaptations.
- Dr. Steven Radlo, WIU Stress Management Professor

Ways to Reduce Stress

- Get active by playing sports or doing ZUMBA. Exercise on your own or with a friend. Working out clears your head and reduces stress related tension, anxiety, and fatigue. (Check out the Spencer Student Recreation Center...it’s why we have a Campus Recreation office!!)
- Do something that makes you happy: play cards or board games, read a book, watch a funny movie or attend an event! (Ask around your hall or at the Union or call the University Union Board). 
- Talk to your support person and/or counselor: (Check out the University Counseling Center...also why we have one!!)
- Take part in meditation, massages, Pilates, or Yoga (all offered at the Rec, too). - MayoClinic.com

Freeze Frame

Stress-related benefits from a belly laugh
Laughter’s health benefits are not a joke. A good sense of humor can’t cure all ailments, but data is mounting about the positive things laughter can do.

- Short-term benefits
  - Activates and relieves your stress response
  - Soothes tension & stomachaches
  - Stimulates your organs

- Long-term benefits
  - Improves your immune system
  - Relieves pain
  - Increases personal satisfaction

So laugh! At a comedy, with your roommate, or at your friends’ karaoke ability. Find ways to laugh at school, life, and maybe even yourself.

A little stress is okay, A lot of it is a troublesome sign. Breathe in, breathe out, take your time, And you’ll be ready to get yourself out of any ole stressful bind. - M McK

Question: What stresses you out?
Answer: Try to identify it! Whatever your answer (for me, it’s being late), make it tangible. Then think about ways to combat that issue for yourself! (I could pack the night before and leave 5 minutes earlier, for example). Stress doesn’t need to take over your life! Take it one step at a time and then see how much better you feel.

Campus Resources: Why we have them.
Certain populations of students have increased susceptibility toward stress:

- freshmen, sophomores, juniors, seniors,
- grad students/grad assistants,
- men, women, transgender athletes, minority students, GLBT students, nontraditional, international
...in essence, EVERYONE.

The research shows that when students seek out support services, they transition better and deal with stress related to their identities better. So go find your office and say, “hey, let’s talk about stress.”

Stress effects our whole bodies:
A. Digestive & Immune System
B. Nervous & Cardiovascular System
C. Other Systems (skin, respiratory, etc.)

Stall Talk is brought to you by Beu Health Center Graduate Assistant Molly McKee-ogh and Students T.A.L.K. Peer Educators. For more information, call 298-3225. For adaptive format see Disability Support Services.