

November Newsletter

STRESS

Stress is defined as any change that causes physical, mental, or emotional strain.

Types of Stress

Eustress: stress in daily life that is positive. Eustress gives us a burst of energy and excitement. Examples include graduation, new friends, or a new job.

Acute: an initial fight-or-flight response. It takes about 90 minutes for the body to return to normal. Examples include a job interview, assignment deadline, or argument with a friend.

Episodic: acute stress that occurs frequently, but ends with time. An example is a stressful academic semester but a period of recovery over winter break.

Chronic: stress that seems never-ending or inescapable. Examples include constant arguments with a friend, consistent financial worries, or chronic illness.

Stages of Stress

ALARM

Your body's initial reaction to stress. It occurs when you are frightened or under threat. Known as the fight or flight stage.

RESISTANCE

Occurs after your body's initial response to stress. This is where you try to adapt to stressor. If the stress persists and you're unable to adapt, you progress to next stage.

EXHAUSTION

At this stage, your body uses all of its energy to adapt and has difficulty coping with stress. This is where you experience burnout.

SIGNS OF STRESS²

- Psychological signs such as difficulty concentrating, worrying, anxiety, and trouble remembering
- Emotional signs such as being angry, irritated, moody, or frustrated
- Physical signs such as high blood pressure, changes in weight, frequent colds or infections, and changes in the menstrual cycle and libido
- Behavioral signs such as poor self-care, not having time for the things you enjoy, or relying on drugs and alcohol to cope





5 WAYS TO EASE ACADEMIC STRESS

- **Awareness.** Recognizing signs of stress is crucial to coping. Know your body and it's stress signals.
- **Organization & Planning.** Create a to-do list to avoid keeping a mental check list. Prioritize according to importance and due date.
- **Healthy Eating & Sleeping Patterns.** If you're not energizing your body with adequate sleep and nutrition, you'll have difficulty fighting stress.
- **Exercise.** Embrace physical activity!
- **Prayer & Meditation** ----->

Stress Relief Painting Event Details Coming Soon!



The week before finals, we will provide a creative and intentionally relaxing space to support students who might be experiencing stress. Even if you are managing stress well, this event will introduce a new and creative way to express yourself!

All materials will be provided and you will keep your masterpiece!

PRAYER & MEDITATION FOR CALMING STRESS

Prayer seems like an obvious answer during times of stress. However, it's difficult to practice in reality. Jesus' grace is sufficient during times of stress-- whether we have time to seek Him or not.

“ My grace is sufficient for you, for my power is made perfect in weakness.

- 2 Corinthians 12:10

Draw near to God in times of stress and difficulty by meditating on these Scriptures:

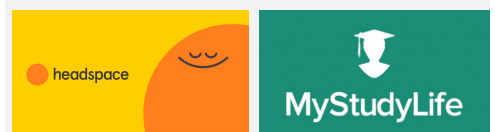
Psalms 55

Psalms 94: 18-19

Matthew 11: 28-30

1 Peter 5: 5-11

Resources APPS



Stress Management Plan
Click here to create a plan for managing stress!

Counseling Appointment:

Stop by Smith 3 or e-mail
counselingservices@moody.edu