Stress Less for Success

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What is stress?

What words come to mind when you think about ‘stress’?
Being “Stressed Out”

- Messages about being stressed:
  - Not strong enough to manage stress = weak
  - Get over it!
  - It’s not a big deal
  - Should be able to deal with it
  - Can feel embarrassed or ashamed
What does stress look like?

Stress
Cat

There are only two times I feel stress: day and night.
Physiology of Stress

How Stress Can Make You Sick
Social/ Psychological Factors of Stress

- Relationships, social context/environment, societal context impacts your experience of stress
- Personality, temperament
Psychological Health for International Students
What is mental/psychological health?
Common Stressors for International Students

- Family, friends, romantic relationships
- Cultural Adjustment
- Language difficulties
- Financial Strain
- Career and job decisions
- Advisor Relationships
- Academic Stress
- Competition Among Peers
Meet a Friend and Share!

- Pick any stressor that you are experiencing in your life and talk to a friend!
- Share your experience
- Give support!
Managing Stress #1: Self-Assessment

- Stress Temperature
Managing Stress #2: Social Support

- Academic: Professors, advisers, peers, RA’s, department staff
- Personal: Family, friends, partners, peers
- Work: co-workers, supervisors, colleagues
Managing Stress #3: Sleep

**SLEEP HYGIENE**

- Go to bed and get up at the same time every day
- Comfortable mattress and bedding
- Avoid caffeine and alcohol at night
- Drink water
- Relaxation exercises
- Spend time outside
- Have an early light dinner
- Read a book in bed

**Keeps you awake**

- Coffee and chocolates after dinner
- Poor quality bedding
- Stay indoors all day and do no exercise
- Stress and anxiety
- Hot bedroom with no air circulation
- Go to bed when you're not tired
- Lie in bed for hours getting stressed
- Use a tablet or phone in bed

Sources: www.nosleeplennights.com
Managing Stress #4: Eating Healthy

**Healthy Eating Plate**

- **Healthy Oils**: Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fats.
- **Vegetables**: The more veggies—the greater the variety—the better. Potatoes and French fries don’t count.
- **Fruits**: Eat plenty of fruits of all colors.
- **Whole Grains**: Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- **Healthy Protein**: Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.
- **Water**: Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Stay Active!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Managing Stress #5: Other ways

- Exercise
- Watch TV and movies
- Sing, dance, play an instrument
- Play games
- Read books
  - in Moderate amounts with balance!
Managing Stress #6: Relaxation Exercises

- Apps: Breathe2Relax, Stress Busters, Insight Timer, Calm
- Let’s try one! Calm.com
- http://marc.ucla.edu/body.cfm?id=22&oTopID=22
Wellness is an active, lifelong process of developing self-awareness and making decisions that will help you to live a more balanced and fulfilling life.
Counseling and Psychological Services (CAPS)
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- Clinical Services
- Consultation
- Outreach & Education
- Wellness Zone

CAPS home page:
http://www.umich.edu/~caps
Workshop Evaluation

- Your feedback is valuable to us and will help us improve the experience of future participants. Thank you!
- bit.ly/umicorintation