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
Social/ Psychological Factors of Stress

- Relationships, social context/environment, societal context impacts your experience of stress
- Personality, temperament, mood
Common Stressors for International Students

- Family, Friends, Romantic Relationships
- Cultural Adjustment
- Language Difficulties
- Financial Strain
- Homesickness
- Academic Stress
- Competition Among Peers
- Career and Job Decisions
- Advisory Relationships
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!
Psychological Health for International Students
Managing Stress #1: Self-Assessment

• Stress Temperature
What is mental/psychological health?
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: Relaxation Exercises

- Apps: Breathe2Relax, Stress Busters, Insight Timer, Calm
- Let’s try one! [Calm.com](http://marc.ucla.edu/mindful-meditations)
Managing Stress #4: DIY Wellness Wheel

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.
Managing Stress #5: Sleep

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

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

KEEPS YOU AWAKE
- www.nosleepl essnights.com
Managing Stress #6: Eating Healthy

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

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.

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).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Managing Stress #7: Other ways

- Exercise
- Watch TV and movies
- Sing, dance, play an instrument
- Play games
- Read books
  - in Moderate amounts with balance!
Counseling and Psychological Services (CAPS)
Counseling and Psychological Services (CAPS)

- Clinical Services
- Consultation
- Outreach & Education
- Embedded Programs

CAPS home page: [http://caps.umich.edu/](http://caps.umich.edu/)

Tappan Street Auxiliary Building
609 Tappan Street
Ann Arbor, MI 48109
International Student Lunch
Conversation Meeting

- Monthly gathering on Wednesday 12-1 PM
- Dates | Location
  9/12 | Michigan League Koessler Room
  10/10 | Michigan League Room D
  11/14 | International Center Conference Room
  12/13 | International Center Conference Room
Workshop Evaluation

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