Stress Less for Success

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Counseling and Psychological Services (CAPS)
Who We Are & What We Do

Counseling and Psychological Services (CAPS)

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

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

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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.
Social/ Psychological Factors of Stress

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

- Discrimination
- Cultural Adjustment
- Language Barriers
- Financial Strain
- Homesickness
- Academic Stress
- Competition Among Peers
- Family, Friends, Romantic Relationships
- Career and Job Decisions
- Advisory Relationships
- Academic Stress
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
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!
  https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1
- Calm.com
Managing Stress #4: DIY Wellness Wheel

- Wellness has multiple dimensions, and is an active, lifelong process of developing self-awareness.
- Make 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
- Avoid caffeine and alcohol at night
- Drink water
- Relaxation exercises
- Spend time outside
- Have an early light dinner
- Read a book in bed

**Sleep Hygiene**
- Coffee and chocolates after dinner
- Poor quality bedding
- Drinks too close to bedtime
- 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

www.nosleeplessnights.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.**

**STAY ACTIVE!**

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

Harvard Medical School
Harvard Health Publications
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**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.

**FRUITS**

- 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.
Managing Stress #7: Other ways

- Wellness Zone (Munger, Pierpont Commons)
- Exercise
- Watch TV and movies
- Sing, dance, play an instrument
- Play games
- Read books
  - in Moderate amounts with balance!
International Student Lunch Conversation Meeting

- Monthly gathering on Thursday 12-1 PM
- Dates       Locations
  Wed 9/25     Hatcher Library Gallery Lab
  Wed 10/23    Hatcher Library Gallery Lab
  Thur 11/21   Hatcher Library Gallery Lab
  Thur 12/12   Hatcher Library Gallery Lab
Eating Disorder Workshop in Chinese

- Do you struggle with food, weight, and body image?
- Prefer speaking Chinese?
- Are you a female student?
- This workshop might be for you
- Email juemeiya@umich.edu if interested
Your feedback is valuable to us and will help us improve the experience of future participants. Thank you!