

Mental Notes

A Monthly Newsletter

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“I’m So Stressed Out!”

by Emily Crocker, MSW Intern

What do you think of when you hear the word “stress?” Traffic, deadlines, and finances, and other assorted annoying or demanding situations and issues, right? In actuality, stress is simply the body’s response to an event that disrupts balance in our lives. Therefore, other stressful events can include births, graduations, and promotions. Stress comes in all shapes and sizes. It can be caused by everyday life events, like our jobs or personal relationships. Or, it can come unexpectedly and never occur again.

Sometimes stress can be a healthy motivator, like the reflex to move our hand from something hot. Stress can also be a painful and damaging experience that leaves us drained and overwhelmed. The way we experience stress differs by the situation, the severity of it, and how long it lasts. Additionally, our own unique personality, coping abilities, and social support system play a large role in managing stress.

Symptoms of stress can surface in a myriad of ways. Headaches, muscle tension, insomnia and a heightened propensity to disease are examples of physical symptoms of excessive stress. Emotionally, we can feel lonely, irritated, restless, and depressed. Some common psychological stress reactions can include memory loss, inability to concentrate, and anxious thoughts. Many of these side effects occur together and further

compound our ability to effectively bounce back. Additionally, research shows that prolonged exposure to stressful situations can have lasting effects on a person’s ability to cope with everyday life. This is because our body’s stress response has been triggered so often that it simply remains “on” all the time. Consequently, simple decisions become overwhelming and small hassles send us reeling. However, there are

skills. Many of us struggle with our hectic daily schedules that are common in our culture. Chaos can be diverted and nerves calmed when we have a written plan that details our daily work and social commitments. This allows us to have a veritable map of our day and helps us foresee possible bumps in the road. Another important way to manage stress is to be kind to our minds and bodies. This can entail exercise, meditation, creating art, making music, gardening, or anything that leaves you feeling refreshed and refueled. By learning and incorporating a handful of stress management skills, we are better equipped to cope with life events, both everyday and unexpected.

Stress is definitely a part of university life and UNO Counseling Services wants to help. As such, Counseling Services is offering a Stress Management Workshop, July 14th from 12:30-1:30 PM. This workshop will further address the origins and risks of stress, as well as practical solutions for effectively managing stress. Please visit the Counseling Services website for more information.

Feeling Frazzled?

Assess your stress level!

FREE STRESS SCREENING

Thursday July 10
10:00AM - 2:00PM
Earl K. Long Library Portico

many effective strategies for combating stress of all kinds.

First, it is very important to understand your own responses to life events and when feelings of stress are present. Once we understand what triggers our own stress response we can begin to diffuse and manage our stress levels. One method of beating stress is to learn effective time management

Summer Workshops

Couples & Finances

Tuesday, July 1
10:00 - 11:00AM

Kirschman Hall 335

Stress Management

Monday, July 14
12:30 - 1:30PM

Kirschman Hall 401

All workshops are FREE & open to UNO students, faculty & staff.

For disability related accommodations for these workshops, please call 280-6683.

Relaxation Sessions

2:00 - 3:00 PM

Kirschman Hall 401

July 17

July 31

August 14

Relaxation sessions are FREE & open to UNO students, faculty & staff.

For disability related accommodations for these sessions, please call 280-6683.