



Worry Wart

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Stress and Transition

- Balancing workload and school load
- Choosing a major- identity
- Time management and organization
- Following a schedule
- Creating a new routine
- Greater personal freedom
- Added responsibility
- New environment and relationships
- Changing relationships

Objectives

- Identify current stressor(s)
- Learn how and where I feel stressed
- Learn and identify three new coping strategies

What is stress?

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
- Looks different for everyone
- Physical, emotional, financial, academic performance, time management, roommate conflict, long distance relationships, testing, body image, safety, illness, death of a loved one, romantic relationships, drugs/alcohol, parents, etc.



Identifying Stressors

- What does stress look like?
- How are you currently managing your stress? (Positive and negative ways)
- What stressor would you like to work on?

Coping Skills

Techniques

- Alter the situation
- Avoid unnecessary stress
- Adapt to the stressor
- Accept what you can't change
- Make time for fun and relaxation
- Get involved/ reach out
- Utilize resources
- Music, movies, video games

Breathing

- Exercise
- Sleep
- Healthy eating
- Support system
- Have patience



Relax...



Where do you feel stress?





What are you going to do?

1.

2.

3.