

# WITTY TITLE ABOUT STRESS

HEALTH TIP #7  
October 5, 2014



Yoyoyo. Guess who? It starts with the letter R(oxanne). Congratulations! You have figured out the order in which we write the health tips. Or maybe not. Maybe we'll mix it up. You know, keep things exciting. Oh yea, and I'm not making a flow(flu) chart. Get your flu shot btdubs. You can go to Lexa for candy if have proof of getting one!

Okay, back to the matter at hand:

## Stress Management

Comic Sans gives me stress. While a little bit of stress is good for us, there are times when life can spiral into an overwhelming whirlpool of "I haven't been sleeping and need to do this, this, this, and this and I haven't even done that, that, that, and that," even for the calmest of gurus.

### But Wait, You Can Take Control of This. You Got This.

And I am here to try and help you out with some points for effectively managing any of your possible sources of stress.

### Hold up, Rox. How do I even know if I am stressed?

Excellent question, [insert your name]. Stress can take a toll on both our minds and bodies. Some common symptoms of stress can include:

- Low energy and headaches
- Upset stomach, aches, pains and tense muscles
- Chest pain and rapid heartbeat
- Changes in eating and/or sleeping patterns
- Increased irritability and/or anxiety
- Feelings of hopelessness

Okay, hmmm. And if I am, or somebody I know is experiencing any of these, what are some things we could do?

Another excellent question! Look to the next column ☺

### Breathe: 4-7-8 Relaxing Breath Exercise

When was the last time you took a deep breath? Close your eyes and mouth. Inhale through your nose for 4 seconds, hold your breath for 7 seconds, and exhale through your mouth for 8. Repeat as many times as you need to reach your happy go lucky Zen mode.

### Try to shift your mindset

Is the glass half empty right now? How do you think you can reframe your situation to see it as half full? Stress can largely result from how we perceive a situation, and if you try to adopt a positive attitude, you are more likely to feel better. Toss out the negative self-talk and try out a positive daily affirmation.

### Establish a strong community

Talking with friends or some support network (like myself or the other health workers) can help you de-clutter the thoughts in your head, relieve stress tension and improve your problem solving skills. Or, if you feel like talking things out with a professional, do not forget that you have *five free social and mental health counseling sessions at the Tang Center, or you can go see one of the Tang Center Health Coaches* (see reference box below).

### Time Management. And this includes sleep.

Make lists. Prioritize. Prioritize. Prioritize. And make sure to sleep enough – it does wonders for your productivity. Google Randy Pausch's lecture on time management – I have found this to be very useful. While you're at it, check out his "Last Lecture." It is moving and good for reestablishing perspective. Okay I'm going on a tangent.

### Have Fun. Take Breaks. Bring Laughter into your Life.

### Speaking of laughter, Bathroom Stall Wisdom Round 2:

Wouldn't be awkward if you didn't laugh? Oh well.

"I love deadlines. I like the whooshing sound they make as they fly by." – Douglas Adams

#fail? #pitylaugh & check out below for more resources.

#### More information on stress management:

<http://www.uhs.berkeley.edu/home/healthtopics/Anxiety.shtml>

#### Music. Have a dance party called No Stress:

<http://www.youtube.com/watch?v=bVRnMrl2oj8>

#### Visit the Tang Center! Use the Massage Chair!

Appointments (M-F 8-5): 510-642-2000

Advice Nurse (M-F 8-5): 510-643-7197

Counseling and Psychological Services: 510-642-9494

[www.uhs.berkeley.edu/healthworker](http://www.uhs.berkeley.edu/healthworker)

Health & Wellness Coaching (45 minute sessions) can be booked online:

<http://uhs.berkeley.edu/onlineservices/onlineappointments.shtml>

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.