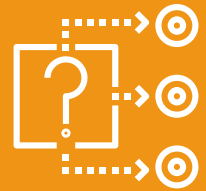




Stress Management Workshop

Presenters: TRIO Student Support Services
Patricia Barnes-Sam, Counselor
Randy Earle, Counselor
April 29, 2020

Agenda



Introduction Statement

Stress: What is Stress?

Mindfulness: Reflect & Breathe

Resources: Virtual SCC Tour

Stress Management Strategies

Q & A



Introduction: Welcome to Our Spring Quarter Stress Management Workshop

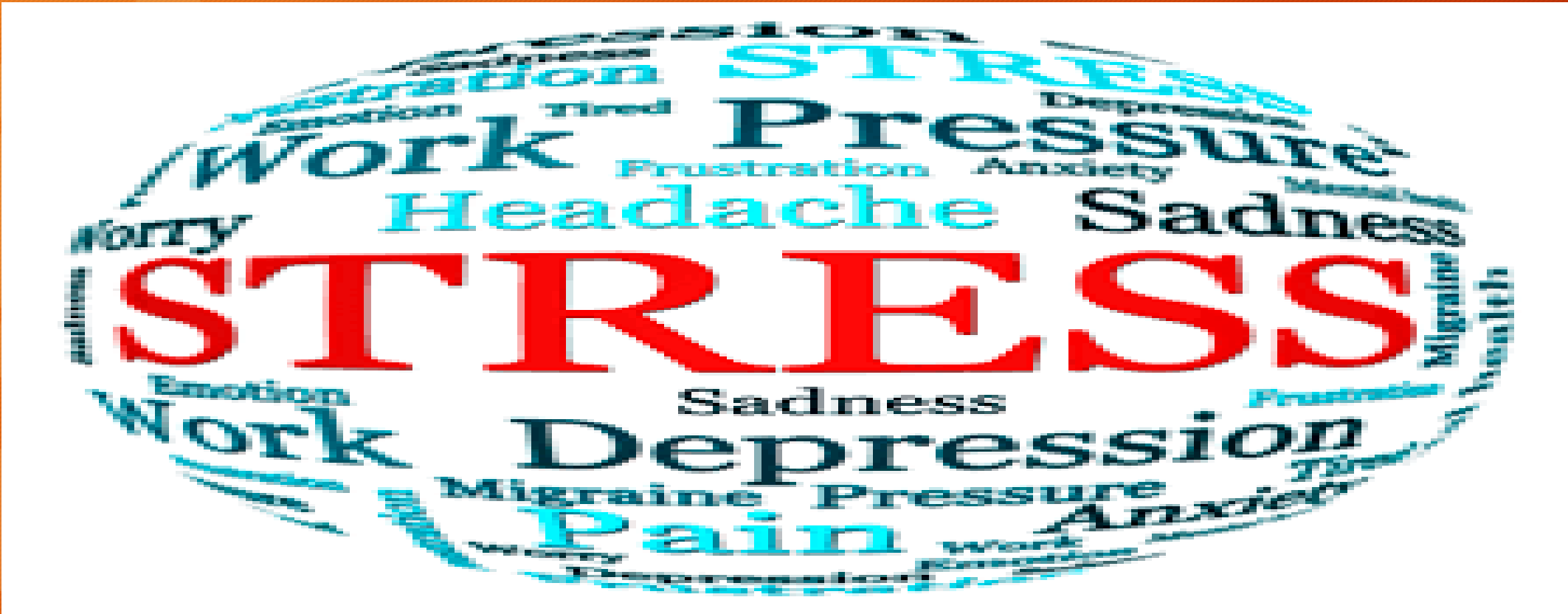
- Welcome: Virtual Spring Quarter Stress Management Workshop
- Patricia- Stress, Virtual Tour, Resources
- Randy- Stress Management Strategies

<https://www.dreamstime.com/illustration/welcome-back-home.html>



Introduction Statement On the Topic

Due to the unexpected COVID-19 Pandemic our lives have been turned upside down. We are all in this together. We believe everyone on plant earth is experiencing some degree of stress, anxiety, uncertainty, and loss, etc..... Our feelings matter. What we are feeling individually and collectively is real, painful and at times unexplainable. Our hope for each of you is to be well, safe, peaceful and encouraged this challenging time.



What is Stress ????

What is Stress ????

- Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.
- Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Levels of stress



Routine stress

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.

Negative Stress

- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.

Traumatic stress

- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed.

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Mindfulness: Definition

- the quality or state of being conscious or aware of something.
- a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

https://www.google.com/search?q=stress+management&rlz=1C1CHBD_en&oq=stress+man&aqs=chrome.0.0l2j69i57j0l5.4026j0j7&sourceid=chrome&ie=UTF-8

Pause To Reflect and Breathe



https://www.123rf.com/photo_47234267_panorama-of-the-many-burning-candles-with-reflection-in-the-mirror.html

Seattle Central Resources: Virtual Tour

- <https://seattlecentral.edu/>
- https://canvas.seattlecentral.edu/?login_success=1
- <https://seattlecentral.edu/campus-life/student-support-and-services>





Stress Management Strategies



<https://www.pinterest.com/pin/855543260439208306/>

Stress Management Take Always

- Get enough sleep. ...
- Eat well. ...
- Exercise. ...
- Avoid unnatural energy boosters. ...
- Get emotional support. ...
- Don't give up your passions. ...
- Try not to overload yourself. ...
- Avoid relaxing with alcohol

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Summary

National Institute of Mental Health (NIH)

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Thanks for your Participation

Stay Safe Nutrition Positivity
You
Mind Wellness Virtual
Balance Stay Connected
Focus Health Prioritize
Body