

Symptoms of Stress

Stress is one way that our bodies respond to the various demands of our lives. A little bit of stress is normal and can be healthy; it keeps us productive, motivated, and engaged. However, too much stress can result in serious physical, emotional, and behavioral symptoms. Below is a list of common symptoms of stress – everyone experiences stress in different ways.

*In order to learn how to manage stress, it is important to identify your specific signs/triggers that lead to stress.

Behavioral	Emotional	Physical
<ul style="list-style-type: none"> ▪ Increase in substance use (alcohol/drugs) ▪ Isolation or withdrawing from others ▪ Avoidance of responsibilities ▪ Procrastination ▪ Loss of motivation ▪ Grinding teeth ▪ Loss of appetite or overeating 	<ul style="list-style-type: none"> ▪ Fluctuations in mood ▪ Decreased sex drive ▪ Increase in frustration, irritability, or anger ▪ Anxiety: Increase in worry ▪ Sadness or symptoms of depression ▪ Low self-esteem 	<ul style="list-style-type: none"> ▪ Fatigue ▪ Difficulties falling asleep ▪ Chest pain ▪ Muscle tension ▪ Headaches or migraines ▪ Nausea / Indigestion ▪ Profuse or increased sweating ▪ Shoulder, neck, or back pain

Stress may also manifest through **thought processes (cognitive)**:

- “I can’t do this”
- “I’m going to fail”
- “I always mess up”
- “This is too much, I can’t handle it”
- “I’m never going to pass”

Identify your Stress

1. Identify ways you experience stress (behavioral, emotional, physical, cognitive).

Behavioral	Emotional	Physical	Thoughts (Cognitive)
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪

2. How do you currently manage your stress?

-
-
-

3. What three things can you do today to help ease some symptoms of stress?

- i.
- ii.
- iii.

Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain and practice self-care. Mark what you currently practice, and think about areas you would like to actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

How often do you engage in the activity listed:

- 3 = Frequently
- 2 = Occasionally
- 1 = Rarely
- 0 = Never/It never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from phones, TV, internet
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to school/work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving compliments or gratitude from others
- Be curious
- Say “no” to extra responsibilities
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests, volunteer
- Spend time with loved ones
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Have experiences of awe
- Contribute to causes in which you believe
- Reach inspirational literature (talks, music)
- Other:

Workplace/School or Professional Self-Care

- Take a break during the work/school day (e.g. lunch)
- Take time to chat with colleagues or peers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your co-workers or group partners/friends
- Balance your day so that no one day or part of a day is “too much”
- Arrange your work/school space so it is comfortable and comforting
- Negotiate for your needs (benefits, grade change, extra credit)
- Have a peer support group
- Other:

Balance

- Strive for balance within your work-life and work day
- Strive for balance among work, family, relationships, play and rest

Develop a Self-Care Plan

*Do what you can, with what you have, where you are.
-Theodore Roosevelt*

1. List the self-care habits you are using now to manage stress and stay healthy:

(I get at least 8 hours of sleep each night)

-
-
-
-
-

2. List the self-care habits you would like to use, but are not currently practicing:

(Take a regular spin class)

-
-
-
-
-

3. Identify the obstacles keeping you from practicing these habits:

(I am not taking a spin class now because I feel like I don't have the time and I think it might be too expensive.)

I am not _____ because . . .

-
-
-
-
-

4. What solutions can you come up with to address the obstacles you listed?

(I could look for discounted or free spin classes or free classes at CSUF Recreation Center. I could free up time for myself by cutting back on time watching TV.)

I could . . .

-
-
-
-
-

5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

(Today, I commit to taking a weekly spin class. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class, watching less TV, and asking for support from others.)

Today, I commit to . . .

I want to do this because . . .

I will accomplish this by . . .

Reflection of the **DAY**

Monday	<p>Something I did for myself today was...</p> <p>Today was pleasant because...</p> <p>I am thankful for...</p>	
Tuesday	<p>Today I had fun when...</p> <p>I had a positive experience with...</p> <p>I felt good about myself when...</p>	
Wednesday	<p>Today I accomplished...</p> <p>I was of proud of myself when...</p> <p>What made me smile today was...</p>	
Thursday	<p>The most beautiful thing I saw today was...</p> <p>I felt proud when...</p> <p>Today was a good day because...</p>	
Friday	<p>A positive thing I experienced was...</p> <p>Today I am happy that...</p> <p>I feel excited about...</p>	
Saturday	<p>My favorite part of today was...</p> <p>Today, I am appreciate of...</p> <p>Something I did well today was...</p>	
Sunday	<p>I felt good about myself when...</p> <p>Today I achieved...</p> <p>I felt happy when...</p>	

Online Resources

Center for Mindfulness in Medicine, Health Care, and Society

umassmed.edu/cfm

Mayo Clinic Stress Reduction Website

mayoclinic.com/health/mindfulness-exercises/MY02124

Meditation Oasis

meditationoasis.com

Mindful

mindful.org

UC San Diego Center for Mindfulness

health.ucsd.edu/specialties/mindfulness

Apps for your Smartphone, Tablet, or Computer

ACT Coach — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

Breathe2relax — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called ‘diaphragmatic breathing’.

CBTi-Coach — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

Mindfulness Coach — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

Mindshift — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

T2 Mood Tracker — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

Take a break! — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.

CSUF Counseling and Psychological Services: (657) 278-3040

Free, confidential services to CSUF students.

Walk in and urgent appointments available Monday-Friday 8 a.m.-5 p.m.

Hours: Monday - Friday, 8 a.m. – 5 p.m. Closed on weekends.

After-hours support; ProtoCall available anytime after 5 p.m., Weekends, and Holidays

CSUF University Police: (657) 278-2515

Available 24 hours per day, 7 days per week, including evenings and weekends.

Local Emergency Facilities

St. Jude Medical Center – (approximately 3.7 miles)
101 E. Valencia Mesa Dr.
Fullerton, CA 92835
(714) 871-3280; stjudemedicalcenter.org

Placentia Linda Hospital – (approx. 3.7 miles)
1301 N Rose Dr.
Placentia, CA 92870
(714) 993-2000; placentialinda.com

Kaiser Permanente – (approx. 6 miles)
3440 E. La Palma Ave.
Anaheim 92806
(888) 988-2800; kp.org

Crisis Hotlines:

1-800-273-TALK (8255)

1-800-SUICIDE (784-2433)

OC Warm Line: (714) 991-6412; 1-877-910-WARM (9276)

Suicide Prevention Center of Los Angeles (1-877-727-4747)

Suicide Prevention Center of Riverside County: (951- 686-4357)

Veterans Crisis Line (1-800-273-8255, press 1).

The following information on counseling resources is intended to inform the CSUF community of resources or services that may be of interest to them. The resources provided are not endorsed, recommended, supervised, approved or sponsored by CSUF. CSUF assumes no liability or responsibility for any loss or injury arising from participation in any program.

Fullerton Area

O.M.I.D. Multicultural Institute for Development

4199 Campus Drive, Suite 550

Irvine, CA 92612

949-725-2214

omidinstitute.org

A full-service family enrichment center dedicated to enhancing the quality of life for individuals and families. Services provided include: behavioral health, counseling, Islamic counseling, Veteran's services, groups, workshops, case management, life skills training, psychiatric, psychological assessment and testing services. Counseling services are available in the following languages: English, Spanish, Farsi, Dari, Armenian, Turkish, Arabic, French, Vietnamese, Mandarin, Korean. Some HMOs accepted, all PPOs accepted. A sliding scale fee is available for those who qualify. The student rate is \$25 per session.

Shiloh Community Counseling Center

101 S. Kramer Blvd., Suite 122

Placentia, CA 92870

(714) 223 1601

Sliding scale available. Individual, family, and groups (dependent on needs). Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Friday 9 a.m. – 8 p.m. and Saturday by appointment only. There is a one-time \$35 for the first-appointment.

City of Brea Family Resource Center

695 E. Madison Way

Brea, CA 92821

(714) 990-7150

breafrc.com

Sliding scale available: Brea Residents: \$15-25, Non Brea: \$25-35, CSUF Students: \$10. Individual, family, couples, children and group counseling services provided. Counseling is provided by Marriage and Family Therapist Interns. It is open Monday thru Thursday 9 a.m. – 6 p.m. and Friday 9 a.m. – 5 p.m.

The Gary Center

341 South Hillcrest Street

La Habra, CA 90631

(562) 691-3263

Provides free emergency crisis counseling. Family, individual, and group counseling services offered. In addition substance abuse programs (state certified and probation approved 38 week program) and parent education program (24 week court ordered or voluntary) are available. Services are offered on a sliding scale fee starting at \$25.

Anaheim Harbor Family Resource Center

819 South Harbor Boulevard
Anaheim, CA 92805
(714) 399-0590

Their mission is to “provide a comprehensive array of social, educational, and health services that will empower families and children with the necessary skills to increase self-sufficiency and confidence resulting in optimal academic and social success.” Counseling services are available, including USC Telehealth (usctelehealth.com/) an online therapy service that may be free for qualified individuals.

F.A.C.E.S.

1651 East Fourth St., Suite 128
Ana, CA 92807
(714) 547-7345

721 W. Kimberly Ave Santa
Placentia CA 92870
(714) 993-2237

30011 Ivy Glenn Dr., Suite 218
Niguel, CA 92677

1015 E. Chapman Ave., Ste. A Laguna
Fullerton, CA 92831
(714) 447-9024

facescal.org/home.html

Locations also in Santa Ana, Fullerton, Placentia, and Laguna Niguel. All FACES programs focus on the needs of the family and helping the child after divorce or separation. Programs include: The Family Preservation, Counseling services, The BACK & FORTH CHILD, groups for single parents and their children, COMMON GROUND, Monitored visits, safe visits, Supervised exchanges, Transitions and Parent/Child relationship Building. Educational Institute: Training and Public Education regarding domestic violence prevention and intervention.

Frances Smith Center for Individual and Family Therapy

501 W. Palm (Crean Building on Chapman campus)
Chapman University
Orange, CA 92866
(714) 997-6746

chapman.edu/crean/academic-programs/graduate-programs/ma-marriage-family/frances-smith-center.aspx

Counseling services include individuals, couples, families, and children and are provided by graduate students. Fees are established according to a sliding scale, based on the individual or family’s monthly gross income (employment, unemployment, disability, SSI/SSA, worker’s compensation, alimony/child support, etc.). Fees may range from \$10.00 to \$60.00 per session. These fees cover only a small portion of the cost of providing services. Payment is due at the time of the session, cash or check only. The Center has a 24-hour cancellation policy or the full fee will be charged for the late cancellation. An assessment will be conducted over the phone to determine eligibility for services.

Argosy University

601 South Lewis Street, Suite 302
Orange, CA 92868
(714) 620-3810
AUTAPS@gmail.com

Provides individual, couple, and family counseling and assessments for individuals 18 and older. Fees are from

\$5-50 per session, based on monthly income. For psychological testing and learning disorder assessment, the sliding fee is \$100-\$500. There are no limits to the number of sessions. All therapists have either a Master's degree in clinical or counseling psychology. The therapists are currently completing their Psy.D. degrees and are supervised by licensed clinical psychologists.

Hope Counseling Center

2400 E. Katella Avenue, Suite 900
Anaheim, CA 92806
(714) 879-3901 ext. 1266
hiu.edu/hcc/

To make an appointment, please call and leave a message. Your calls will be returned within 24 hours. After the initial intake you will be assigned to a counselor to help you with your unique needs. HCC has a standard office fee for counseling services. A sliding scale fee is available based on family income for those who are unable to afford the full fee. Counseling services may be provided by Masters level students or a non-licensed clinician under the supervision of a licensed clinician.

Mariposa Women and Family Center

812 West Town & Country Road
Orange, CA 92868
714-547-6494
<http://www.mariposacenter.org>

Mariposa Women and Family Center provides high quality, low cost mental health and substance abuse counseling, life skills, and supportive services to women and families. Services provided are: parenting skills, anger management, bereavement groups, outpatient substance use treatment (women & adolescents), women's eating disorder process group, trauma group, friends and family addict support group. Fees start at \$15 per session and are dependent on income.

Family Enrichment Center

Ronald Zishka, Ph.D. 760 N. Euclid, #108
Anaheim, CA 92801
(714) 758-1884

Individual, family, and couples counseling services available. Areas identified as specialties include: abuse, domestic violence, trauma, PTSD, acculturation issues, LGBT population. All therapists are licensed a minimum of two years. Fees payable by cash, credit, check. Insurance is accepted from most major carriers. A sliding scale fee is available for those who qualify

Straight Talk

5712 Camp Street
Cypress CA 90630
(714) 828-2000
straighttalkcounseling.org

Program provides mental health counseling for families, individuals, and groups. Among the groups offered are Adult Anger Management, Teen Anger Management, and Parenting Classes. There is a \$25 intake fee. Services are on a sliding scale ranging from \$20-\$95.

Irvine Area

Pepperdine University Counseling Center

1811 Von Karman Avenue, Suite 401

Irvine, CA 92612

(949) 223-2570

gsep.pepperdine.edu/about/clinics/irvine/

Services are provided by Pepperdine's master and doctoral level interns and include individual, couples, and family counseling. A brief over the phone assessment is conducted. Sliding scale fees are available. Additional locations are in West Los Angeles and Encino. (Note: Clinic closed last 3 weeks of August).

Chicago School of Professional Psychology Community Counseling Center

4199 Campus Drive.

University Tower 4th floor

Irvine, CA 92612

949-769- 7747

counseling.tcscenters.org/

Services are provided by Psy.D. interns and includes individual, couples, family, and court mandated programs. Sliding scale fees are available starting with an intake (\$50 initial fee) and counseling from \$15 and up.

The Mental Health Center at Hoag

1501 Superior Avenue, Suite 311

Newport Beach CA 92658

(949) 764-6542

The mental health and psychotherapy program provides services on a low sliding scale to the surrounding community. There is an additional one time intake fee. No one will be turned away due to lack of funding. Services include family, couple and individual counseling and are provided by a team of bilingual and bi-cultural psychotherapist who hold Master's degrees in Social Work, Licensed Clinical Social Workers or Master's in Social Work Interns. Services are available in English, Spanish and Farsi.

Turning Point Center for Families

2101 E. Fourth Street, Suite 150B

Santa Ana, CA

(714) 547-8111

turningpointsantaana.org

A non-profit, bi-lingual counseling center that provides counseling services to youth, individuals, couples, groups, and families. The center offers affordable fees based on a sliding scale starting at \$25. Income verification may be required. Counseling services may be provided by Masters level students, under the supervision of a licensed clinician.