

# Stress Wellness Workshop



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## Experiencing stress is normal!

Stress is one way our body communicates with us when we're under pressure or threat. A little bit of stress can be healthy and normal, but too much stress can result in physical, emotional, behavioral, and cognitive symptoms. We can learn to recognize our triggers and find healthy ways to cope.

### Physical Responses

- Fatigue
- Nausea
- Chest pain
- Headaches
- Profusely sweating
- Increased heart-rate
- Shaking hands

### Emotional Responses

- Mood changes
- Decreased sex drive
- Increased worry
- Depression
- Low self-esteem
- Anxiety
- Irritability or anger

### Behavioral Responses

- Increased substance use
- Isolation or withdrawal
- Procrastination
- Loss of motivation
- Loss of appetite or overeating

### Cognitive Responses

- Constant worry
- Inability to focus
- Forgetfulness
- Telling yourself "I can't do this." or "I am going to fail."

## Recognize your triggers

- Social events
- Relationship problems
- Health issues
- Family & friends
- Trying new experiences
- Lack of sleep
- Financial hardship
- Upcoming exam

## Practice these!

Self care  
Self-compassion  
Mindfulness



## Stress management strategies

1. **Slow down:** Deep breathing, sleep
2. **Do something physical:** Exercise, walk
3. **Say it:** Talk to a friend, laughing
4. **Be mindful:** Prayers, meditation
5. **Time management:** Learning to say no
6. **Frame of mind:** Challenge negative thinking

## Reflection questions:

1. What are some ways that I experience stress (Behavioral, emotional, physical, cognitive)?
2. How do I currently manage my stress?
3. What are some things I can do today to ease my symptoms of stress?