



COPING WITH STRESS

KIMBERLY “KIM” LEE, PSY.D.

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WHAT IS STRESS?

- **STRESS** IS THE BODY’S AUTOMATIC RESPONSE TO ANY PHYSICAL OR MENTAL DEMAND PLACED ON IT.
- ANYTHING CAN BE STRESSFUL.
- EXACERBATED BY COVID-19 PANDEMIC, QUARANTINE AND TRANSITION BACK TO DAILY LIFE
- TOO MUCH STRESS CAN LEAD TO BURNOUT

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BURN OUT


A SYNDROME RESULTING FROM CHRONIC STRESS THAT HAS NOT BEEN SUCCESSFULLY MANAGED

- 3 DIMENSIONS OF ACADEMIC BURNOUT SYNDROME
 - EMOTIONAL EXHAUSTION
 - DEPERSONALIZATION
 - DECREASED PERSONAL ACCOMPLISHMENT


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FATIGUE EXPERIENCED AFTER PROLONGED EXPOSURE TO BLUE LIGHT AND ELECTRONIC SCREENS



20x20x20:
20 min screen time x look 20 ft away
 for 20 secs



Change the settings on your screen to produce less blue light and more yellow light. This is often called 'Night shift' or 'Night mode'.

ZOOM FATIGUE

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MANAGING STRESS AND BURN OUT

- Physical exercise
- Journaling and organization
- Mindfulness (Grounding exercises)
- Breathing exercises
- Boundary setting



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MINDFULNESS



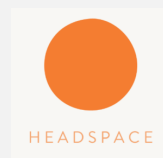
Describe your surroundings using your five senses (5-4-3-2-1)



Fully engage in the activity in front of you (e.g., eating, showering, active listening on zoom with no other windows open)



Observe and notice the thoughts, emotions, sensations or urges that come up for you without engaging with them (giving into them)



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Breathe In

4
seconds

Breathe Out

Hold Hold

BOX BREATHING

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The Steps of DEAR MAN Technique

- D
'D' stands for describe
 Make use of facts, Dont Elaborate on unnecessary things, Emphasise on issues.
- E
'E' stands for express
 Explain how things are affecting you personally and professionally.
- A
'A' stands for assert
 Assert factors that you wish to see in the near future.
- R
'R' stands for reinforce
 Instead of insulting other individual, Reward them! it will create a happy bond.

- M
'M' stands for Mindful
 Don't get sidelined by your past experiences. Don't put forth your past grievances in any way.
- A
'A' stands for appear/act confident
 Embrace confidence in every possible way.
- N
'N' stands for negotiating
 Not every person might agree with your plea. So, does it mean you leave the conversation? Instead Stay and hear the Other person out

SETTING BOUNDARIES

**PRACTICING ASSERTIVENESS
AND BOUNDARY SETTING
CAN HELP WITH MORE
EFFECTIVE COMMUNICATION
AND MAKING A SAFE SPACE
FOR YOURSELF.**

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WHAT IF NOTHING IS WORKING?

IF AFTER ALL THIS YOU STILL FEEL OVERWHELMED **ACADEMICALLY**, SEEK HELP.

- TALK TO YOUR PROFESSOR, OR TO PEERS
- REACH OUT TO ACADEMIC COUNSELING TO SET UP AN APPOINTMENT TO TALK TO AN ACADEMIC COUNSELOR (GO TO [HTTPS://WWW.DEANZA.EDU/COUNSELING/APPOINTMENTS.HTML](https://www.deanza.edu/counseling/appointments.html))

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WHAT IF NOTHING IS WORKING?

IF AFTER ALL THIS YOU STILL FEEL OVERWHELMED **EMOTIONALLY**, SEEK HELP.

- TALK TO TRUSTED FAMILY, FRIENDS OR PROFESSORS
- REACH OUT TO THE MENTAL HEALTH AND WELLNESS CENTER (EMAIL MHWC@DEANZA.EDU)

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MHWC HOURS OF OPERATION

- M-TH, ONLINE SERVICES: 9:00 AM – 5:30 PM
- M & TU, ON CAMPUS WALK-IN SERVICES IN RSS 258: 9:00 AM – 5:00 PM
- W & TH, ON CAMPUS WALK-IN SERVICES IN RSS 258: 9:00 AM – 3:00 PM
- F, ONLINE SERVICES, NO-ON CAMPUS SERVICES AND BY APPOINTMENT ONLY:
9:00 AM – 2:00 PM

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MHWC FAQ

HOW LONG ARE SESSIONS?

- 45 - 50 MINUTES

HOW MANY SESSIONS DO STUDENTS GET?

- 10 PER ACADEMIC YEAR (RESTARTS EVERY FALL QUARTER, SESSIONS DO NOT ROLL OVER)

WHEN DOES OPEN ENROLLMENT FOR SERVICES END EACH QUARTER?

- FORMS FOR REGULARLY SCHEDULED SESSIONS ARE ACCEPTED UNTIL 4 WEEKS PRIOR TO THE LAST DAY OF THE QUARTER.
- IN THE LAST 3 WEEKS OF THE QUARTER, CLIENTS CAN STILL BE REFERRED OR WALK-IN FOR A ONE-TIME CRISIS APPOINTMENT. THEIR FORMS WILL BE PRIORITIZED THE FOLLOWING QUARTER GIVEN THEY ARE ENROLLED AND PROVIDE THEIR SCHEDULE AVAILABILITY.

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THANK YOU!

ANY QUESTIONS?

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RESOURCES

- THERAPEUTIC JOURNALING PROMPTS
([HTTPS://WWW.JOURNALBUDDIES.COM/WP-CONTENT/UPLOADS/2020/04/ANXIETY-PROMPTS-PRINTABLE-PDF.PDF](https://www.journalbuddies.com/wp-content/uploads/2020/04/anxiety-prompts-printable-pdf.pdf))
- PROGRESSIVE MUSCLE RELAXATION GUIDED VOICE PROMPTING - AUDIO
([HTTPS://WWW.YOUTUBE.COM/WATCH?V=IHO02WUZGKC](https://www.youtube.com/watch?v=IHO02WUZGKC))
- BOX BREATHING VIDEO WITH GUIDED VOICE PROMPTING – AUDIO
([HTTPS://WWW.YOUTUBE.COM/WATCH?V=AUSPSSJU-D8](https://www.youtube.com/watch?v=AUSPSSJU-D8))
- BOX BREATHING VIDEO WITH ANIMATION AND SOUND PROMPTING, NO VOICE – AUDIO ([HTTPS://WWW.YOUTUBE.COM/WATCH?V=AFVQKNK1PF4](https://www.youtube.com/watch?v=AFVQKNK1PF4))
- BOX BREATHING VIDEO WITH ANIMATION – NO AUDIO
([HTTPS://WWW.YOUTUBE.COM/WATCH?V=QM7BMUJKIVO](https://www.youtube.com/watch?v=QM7BMUJKIVO))

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