



# STRESS MANAGEMENT

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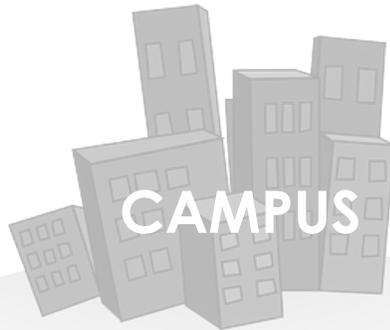


**BYU Academic Success Center**

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2590 WSC | 801.422.2689 | [casc.byu.edu](http://casc.byu.edu)

# ADDITIONAL RESOURCES



- Bio-Feedback Lab: 1586 WSC; (801) 422-3035
- Personal Counseling: 1500 WSC; (801) 422-3035
- EmWave Biofeedback Program: 2590 WSC; Bring student ID card



- Managing stress as a college student  
<https://caps.byu.edu/node/529>
- Relaxation Recordings  
<https://caps.byu.edu/relaxation-recordings>
- Rethinking Stress by Alia Crum  
<https://www.youtube.com/watch?v=-JdDuV8t2ao>

# VULNERABILITY TO STRESS

The following questionnaire is designed to help you assess your vulnerability to stress and pinpoint trouble spots. Rate each item from 1 (always) to 5 (never), according to how often the statement is true for you.

	Always		Sometimes		Never
1. I eat at least one balanced meal a day.	1	2	3	4	5
2. I get 7-8 hours of sleep most nights of the week.	1	2	3	4	5
3. I give and receive affection regularly.	1	2	3	4	5
4. I have at least one relative within 50 miles, on whom I can rely.	1	2	3	4	5
5. I exercise to the point of perspiration at least twice a week.	1	2	3	4	5
6. I feel confident in my body.	1	2	3	4	5
7. I have an income adequate to meet basic expenses.	1	2	3	4	5
8. I get strength from my religious beliefs.	1	2	3	4	5
9. I regularly attend social activities.	1	2	3	4	5
10. I have a network of friends and acquaintances who are reliable and true.	1	2	3	4	5
11. I have 1 or more friends whom I trust and who trusts me, to confide in about personal matters.	1	2	3	4	5
12. I am in good spiritual, mental, and physical health (including eyesight, hearing, teeth).	1	2	3	4	5
13. I am able to speak openly about my feelings whether they are positive or negative.	1	2	3	4	5
14. When domestic issues arise, I discuss and resolve the problem with the people with whom I live.	1	2	3	4	5
15. I do something that I enjoy at least once a week.	1	2	3	4	5
16. I am able to organize my time effectively.	1	2	3	4	5
17. I take time during the day to rest, relax, plan, reflect, and/or organize my thoughts.	1	2	3	4	5

Add up your total: \_\_\_\_\_ & Subtract 20 = \_\_\_\_\_  
 <10 = Excellent resistance to stress  
 >30 = Some vulnerability to stress  
 >50 = Serious vulnerability to stress

# IDENTIFY, LEARN, & PLAN

## 3 Current Stressors

1.
2.
3.

## Learn How to Manage

<b>Avoid/Change the Cause</b> Can you remove the stressor?	<b>Manage the Mind</b> Can you change your thoughts & attitude to help reduce your stress?
<b>Lead a Balanced Lifestyle</b> Are you willing to improve your diet, physical activity, social, or sleeping habits?	<b>Develop Skills</b> Can you practice stress reducing techniques?

## Make a Plan

1. Choose a stressor to change.	1. _____
2. Choose a technique that will be effective with this stressor.	2. _____
3. How can you apply this technique to reduce your stressor?	3. _____
4. Who can you tell about your change to help hold you accountable?	4. _____
5. List specific steps to take.	5. _____
6. Set a deadline.	6. _____
7. Decide how you will reward yourself.	7. _____

# MANAGE THE MIND

The assumptions that the effects of stress are only negative, and the goal should be to avoid, manage, and counteract the effects of stress, are inaccurate.<sup>1</sup>

## MINDSETS

Mindsets play a dramatic role in determining our health and well-being. In “Choke,” (2011), Beilock teaches that “if you can manage to interpret your body’s response to the situation as positive, as a call to action, you are likely to thrive. But if you interpret your body’s response as a sign that you are in a bad place with no way out, the worries and ruminations that result may send you into a ‘choke,” (pg. 141). Further, “if you are able to take some of the pressure off yourself during an important test by reinterpreting the situation as something less stressful, less diagnostic of your ability, or less ‘do-or-die,’ you may be able to turn a potentially poor performance into a good one” (Beilock, 2011, pg. 139).

## RETHINKING STRESS

IS	IS NOT
<ul style="list-style-type: none"> <li>1. Honoring the paradox of stress</li> <li>2. Recognizing the power of mindset</li> <li>3. Learning to stress better</li> </ul>	<ul style="list-style-type: none"> <li>1. Denying the potentially deteriorating aspects of stress</li> <li>2. Thinking that the stressor is necessarily a good thing</li> <li>3. Seeking out unnecessary stress</li> </ul>

When is a time when you experienced substantial personal or professional growth? Did that time involve some stress or struggle? Would that same level of growth been possible without the stress or struggle?

## STRESS IS ENHANCING<sup>1</sup>



## STEPS TO ENHANCE MINDSET

1. Acknowledge stress
2. Mindfulness and awareness
3. Welcome stress
4. Link stress with values and goals
5. Utilize stress to enhance performance, health, and wellbeing.

## NOTES & IDEAS

# NOTES

## Sources

- <sup>1</sup>UM Depression Center (Producer). (2015, March 25). Rethinking Stress: The Role of Mindsets in Determining the Stress Response [Video file]. Retrieved February 14, 2018, from <https://www.youtube.com/watch?v=-JdDuV8t2ao>
- <sup>2</sup>Beilock, S. (2011). Choke. London: Constable.