

## Upgrade Program- San Antonio Education Partnership

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<b>Name of Key Area</b>	College Transition
<b>Title</b>	Stress Management
<b>Goal</b>	The goal of this informational guide is to provide individuals with resources that can help them manage their stress.
<b>Advisor &amp; Date</b>	Ilse Reyes, Spring 2019

Everyone has experienced stress at one point or another. As a matter of fact, the 2017 National College Health Assessment found that “45% of college students say they experience ‘more than average stress’ (Purdue University Global, 2019). Therefore it is important to understanding what stress is and learn how to manage it. Stress is a body’s reaction to a threat or pressure. Its effects can be felt throughout our whole body and look different from person to person, because our body’s response to stress changes from person to person.

However, a true fact for everyone is that stress has been found to begin in your brain. Let’s watch a video on how our outlook on stress could be the first step in learning how to manage it. Click on the following link:

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

After watching the video reflect on the following questions:

## HOW STRESS AFFECTS THE BODY

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



### SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

### REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

- Did you learn anything new?
- What are your thoughts on the view of stress?
- Can stress ever be beneficial?

As seen in the video, the way we view stress can have a big effect on how our body responds to stress. In addition to a change in how we view of stress, there are things that we can physically do to help our body relieve stress. Look below to check-out some of the methods.

### Stress Management Techniques:

- Prioritize your to-do list
- Exercise 30 minutes in a day
- Practice deep breathing: (<https://youtu.be/N02BnHwS5FE>)
- Take time for a hobby (5-10 minutes)
- Relax muscles by stretching
- Physically reorganize your space
- Eat healthy balanced meals
- Intentionally practice self-care
- Disconnect from electronics and get enough sleep

- Talk about the stress you are experiencing with your family and support system
- Make a list of 10 people you can reach out to when stressed

Lastly, don't forget that your community also provides resources for managing your stress.

- Resources on campus: Many campuses already include student service fees into your tuition so take advantage of the resources your school provides: counseling centers, gym, clubs, student advisors, etc. Check with your local Student Center for a list of campus resources.
- 2-1-1 Texas Health and Human Service Commission: 211 Is a free social service hotline which informs callers of local community resources.
- If you are not enrolled in a college/university but are still interested in counseling services, the following are counseling services in the area that offer counseling at a reduced cost:
  - Catholic Charities' Counseling Center: <https://ccaosa.org/catholic-charities-counseling-center/>
  - UTSA Sarabia Family Counseling Center: [http://education.utsa.edu/community-family-life-center/community\\_services/](http://education.utsa.edu/community-family-life-center/community_services/)
  - St. Mary's: The Family Life Center: <https://www.stmarytx.edu/outreach/counseling/>
- Lastly, don't forget about your personal communities for support (ex: church groups).

Adapted from:

- Purdue University Global. (2019, March 05). The College Student's Guide to Stress Management. Retrieved March/April, 2019, from <https://www.purdueglobal.edu/blog/student-life/college-students-guide-to-stress-management-infographic/>
- Rios, M. (2018, February). Stress Management. [Prezi]. Retrieved from <https://prezi.com/uujpmsguzmoe/stress-management/>.
- TEDGlobal (Director). (2013). Kelly McGonigal: How to make stress your friend [Video file]. Retrieved from [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend/next?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/next?language=en).
- Wilson, J. L. (n.d.). How Stress Affects the Body. Retrieved March/April, 2019, from <https://adrenalfatigue.org/stress-and-your-health/got-stress/stress-affects-body/>