Wellness in Graduate Life Series
Graduate Student Workshop 1
Stress and Coping In Grad Studies

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Introductions
Mindfulness: the act of noticing
Stress and coping with it
  › Definitions
  › Brainstorm: stressors and ways of coping
Discussion: how to implement what you learned today
The Bridge
The Bridge Under Stress
Stress and Coping Definitions

- What is stress? What does theory say?
  - Event > Evaluation > Coping > Outcome
  - Positive and negative at each stage that creates patterns

- Is stress good or bad?
  - Bell curve and Bridge metaphor

- How does stress impact us?
Brainstorm: sources of stress and ways of coping

Account for the following aspects of stress:
- Physical
- Psychological (emotional, cognitive, behavioral)
- Cultural
- Personal identity factors
- Family
- Social
- Financial
- Academic
- Political climate
What did you learn and how may you make use of this learning in your graduate and personal life?

What may be some obstacles to positive coping?

What may be some ways to overcome such obstacles? Who may help you?

Regarding stress, what are your professional and personal goals for the future?