

Resources

PHYSICAL

- ◇ **Student Wellness:** (657) 278-2800
- ◇ **Titan Well | Health Education Services:** (657) 278-7460
- ◇ **Titan Recreation Center:** (657) 278-7529

SOCIAL

- ◇ **Dean of Student's Office:** Student Life Programs
- ◇ **Diversity Initiatives and Resource Centers:** 657-278-3234
- ◇ **Student Leadership Institute:** (657) 278-7366
- ◇ **Greek Life:** greeklife@fullerton.edu
- ◇ **Volunteer and Services Center:** (657) 278-7623
- ◇ **Associated Students Incorporated:** (657) 278-7736

SPIRITUAL

- ◇ **CAPS:** (657) 278-3040
- ◇ **Diversity Initiatives and Resource Centers -** 657-278-3234
- ◇ Religious Student Organizations

FINANCIAL

- ◇ **Associated Students Incorporated – Scholarships:** (657) 278-7736
- ◇ **Financial Aid:** (657) 278-3125

EMOTIONAL

- ◇ **Counseling & Psychological Services (CAPS):** (657) 278-3040
- ◇ **Diversity Initiatives and Resource Centers:** (657) 278-3234
- ◇ **WoMen's Center:** (657) 278-3928

INTELLECTUAL

- ◇ **Academic Advising Center -** (657) 278-3606
- ◇ **Disability Support Services (DSS):** (657) 278-3112
- ◇ **Student Leadership Institute -** (657) 278-7366
- ◇ **Diversity Initiatives and Resource Centers -** 657-278-3234
- ◇ **Center for Internship and Service Learning**
- ◇ **Pollack Library – Writing Center/ University Learning Center**

ENVIRONMENTAL

- ◇ **Departmental Offices**
- ◇ **Environmental Studies- Center for Sustainability**
- ◇ **Volunteer and Services Center:** (657) 278-7623
- ◇ **Fullerton Arboretum**

REFERENCES

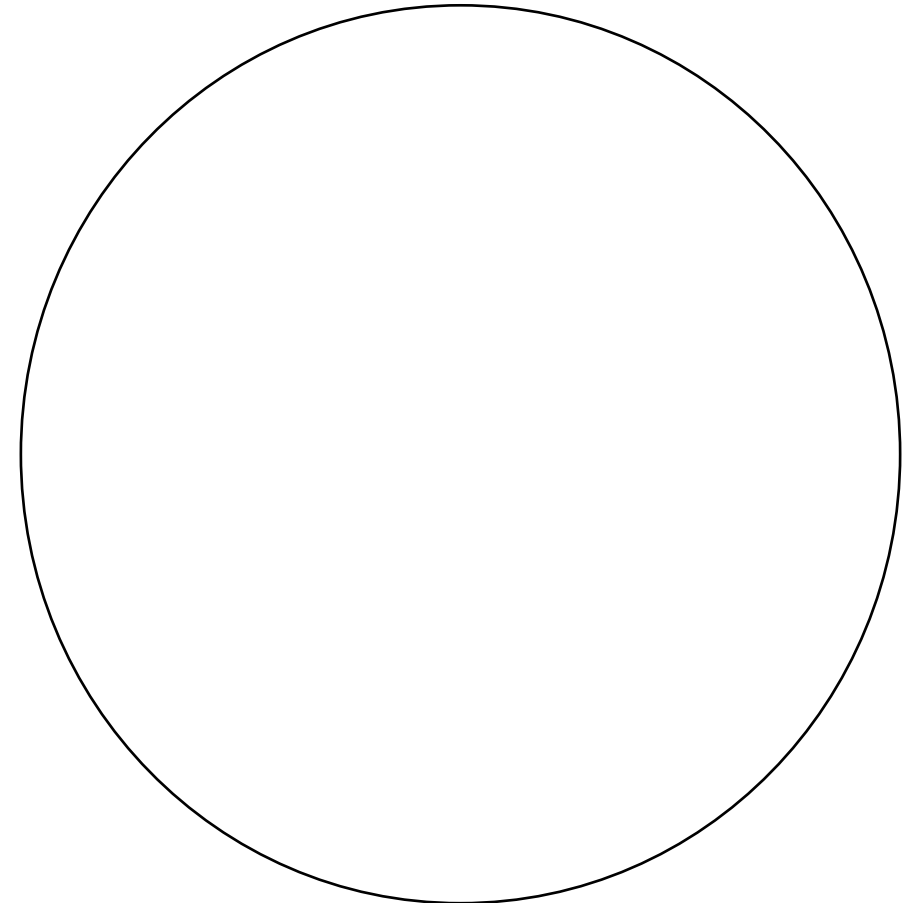
Insel, P. M., Roth, W. T., (2013). Connect core concepts in Health. 13th edition.

McGraw-Hill. New York, NY.

Olpin, M., & Hesson, M. (2013). Stress Management for life: A research-based, experiential approach,

third edition

Self Care



**“If you take care of your body
Then your body can take care of you
And then you can take care of business”**

-RDJ

What is Burnout?

Burnout : Physical, Mental and Emotional **Exhaustion**.

Who experiences burnout? (list 3)

- 1.
- 2.
- 3.

What are some consequences of burnout?

How would someone rebalance after experiencing burnout?

What causes burnout?

“Getting Things Done”

By David Allen

This method assists many individuals in organizing their task lists, it is especially helpful when you have multiple obligations and are unsure where to start.

The **key** thing to ask yourself is this :
What is the next action step?

Example:

What is something that you need to finish?

When does it have to be finished by?

Where do you need to be (location) to finish this?
(example: home; work; at a computer; near a phone)

What is the very next action that you need to take to begin?

What does a successful completion look like?

Time Management

On a scale from 1-10, how **important** is **time management** for you?
Why? (1= lowest importance; 10= highest importance)

On a scale from 1-10, how **confident** are you in your ability to make improvements to your time management or productivity output? **Why?**
(1= not very confident; 10= Confident)

Planner

Keep important dates and deadlines and assignments written down in one central location.

Angela Trinidad, Creator of the Passion planner, provides a **Free** pdf of her planner to anyone who needs it. Also, for every planner purchase, she donates 3 planners to those who need it! *Thanks Angela!*

Purchase a planner or download the FREE pdf here:
<http://www.passionplanner.com/downloads/>

Weekly Review

Pick one day out of the week where you take 20-30 minutes and gather all of your commitment dates and tasks onto one sheet of paper. This will allow you to plan your week effectively.

“Getting Things Done: The Art of Stress Free Productivity”

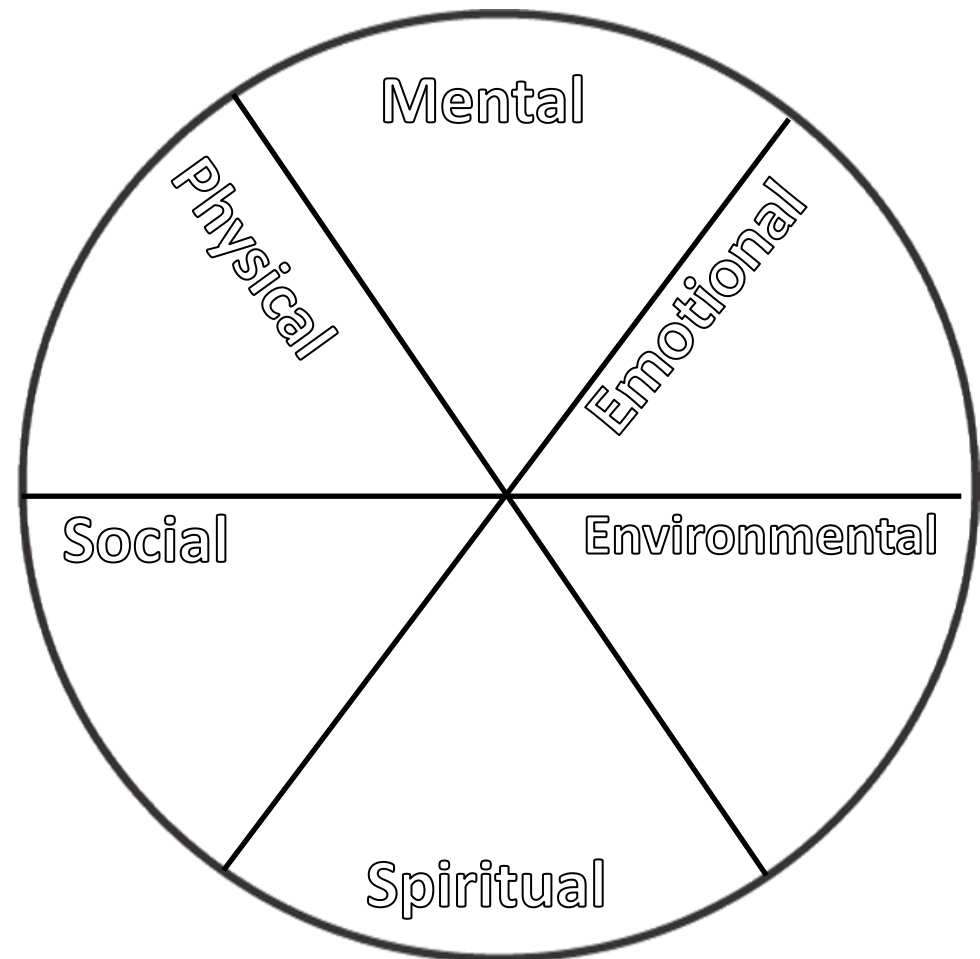
By: David Allen

Free up your mind to do the things you need to be doing. Increase your creativity! Gather everything into one centralized location and begin your journey to stress free productivity!

How do you know when you're “Burning out”?

What are some signs your body gives you when you need a break?

How do you feel?



What is Stress?

Stress: The body's attempt to **RESTORE BALANCE** and **ADAPT TO** a stressor (event).

What is the body's response to stress called? Who was it developed by?

General Adaptation Syndrome (GAS)

3 Stages of GAS:

Stage 1: **Alarm:**

Stage 2: **Resistance:**

Stage 3: **Exhaustion:**

What happens to the body and organs under prolonged stress?

What are the types of stress?

Type	What is it?	Example
Eustress	_____ stress. _____ & _____	
Distress	_____ stress. _____ & _____ Capacity to cope has been _____ Increased Stress = _____ health	
Acute	_____ term stressor	
Chronic	_____ term stress _____. Can _____,	

(Olpin & Hesson, 2013)

Stress Journal continued...

Step 3: Challenging evidence continued...

- ◇ If someone you cared about had this thought, what would you tell them?
- ◇ If someone who cares about you knew you was thinking this way, what would they say?
- ◇ What evidence would they point out to show that you thoughts aren't completely true?
- ◇ What have you learned from past experiences that could help you now? What could you do to feel better about this?
- ◇ Two months or two years from now, will you see this situation differently than you do today? Will you even remember?
- ◇ Are you blaming yourself or someone else for something we don't have complete control over?

Step 4: A More Balanced Interpretation

Rewrite your thoughts in a more balanced way. Stick to the facts.

Adopted from: Elsa George and Shalay Jackson from: www.ssw.umich.edu

Stress Journal

Step 1: The Situation

What **triggered** your stress? **Who, What, Where, When?**

Step 2: Interpretation

What are your **thoughts, beliefs, assumptions** about the situation?

Step 3: Challenging Evidence

Re-read what you wrote in step two and ask yourself if you're engaging in negative thought patterns. Ask yourself these questions:

- ◇ Have you had any experiences that show that this thought is not completely true all the time?

- ◇ Are you jumping to conclusions that aren't justified by the evidence?

- ◇ Were there strengths or positives in you, or in the situation that you're overlooking?

What is Self Care?

Self Care: Any action taken to care for yourself :

- ⇒ **Physically**
- ⇒ **Mentally**
- ⇒ **Emotionally**

Identifying Stressors

What are the major and daily stressors in your life?

Major Stressors	Daily Stressors
	Thoughts: Feelings: Behaviors:

What...	Physically	Mentally	Emotionally
Stresses you out?			
Makes you Happy?			

Physical Health

What are 3 effects of Physical stress that you experience?

Ways to Renew Physical Health

Eat Healthy!

- ◇ Eat to nourish your BODY
 - ◇ Eat Breakfast! Include carbs and fruit into your morning routine before starting your day.
- ⇒ Attend a [Nutrition workshop](#) to learn more about what you should be eating and why!

Exercise!

- ◇ A 10 minute walk can increase energy and relaxation! (Insel & Roth, 2013)
 - ◇ Walk around on campus
- If you have **Pokémon GO**, then **GO** to all those **Poke Stops**!
- ⇒ [Arboretum](#)
- ⇒ [Titan Rec Center](#) (Your tuition pays for it! & there's a ROCK WALL!)

Sleep!

- ◇ **7-9 hours per night** (National Sleep Foundation)
 - ◇ Helps to rejuvenate your Immune system and increase memory!
- ⇒ [Sleep Health Workshop](#): Learn more about the effects of sleep

Medical Care!

- ◇ Make sure you create a baseline for your personal health and visit a doctor regularly
 - ◇ Don't allow something to sneak up and snowball into something that could have been handled early on.
- ⇒ [Student Wellness Center](#)
- ⇒ [Sex Health Workshops!](#)

(Insel & Roth,2013; National Sleep Foundation)

Emergency Self Care Plan Continued...

What are some positive things you can say to yourself when you're giving yourself a hard time:

Make a list of **who** and **what** to **avoid** when you're having a hard time.

Who to avoid	What to avoid

Adopted from Elaine S. Rinfrette, PhD, LCSW-R

Emergency Self Care Plan

What to Do, Think, and Avoid

It's difficult to think clearly when we experience stress overload. It's a good idea to have a plan ahead of time to minimize the effects stress can have on us.

What can you do when you're upset that's **good** for you ?

- What helps you **relax**?
- What do you **like to do** when you're in a **good mood**?
- What can you do that will help you throughout the day?
- What do you need to do that's specific to you ?

Who can you contact if you need **Support** or **Distraction**?

Who can you call if:

- You're feeling depressed or anxious?
- You're feeling lonely?
- If you need company, who will come over?
- Who will listen?
- Who will encourage you to get out of the house and do something fun?
- Who will remind you to follow my self-care plan?

Mental Health

What are 3 effects of Mental stress that you experience?

Ways to Recharge Mentally

Stress Journaling

Why is stress journaling beneficial?

Support Group

Where can you go if you need help with a class?

Mindful Meditation/Deep breathing

"Smell the roses and blow out the candles"

What are some activities you enjoy doing not listed above that increases Mental health?

Counseling & Psychological Services (CAPS)

⇒ **Stress, Mood, & Thought Workshops**

⇒ **"Art of wellness" Workshops**

Emotional Health

What are 3 effects of Emotional stress that you experience?

Ways to Recharge Emotionally

Affirmations

“No one can make you feel inferior without your consent”

-Eleanor Roosevelt

What **affirmation** “speaks” to you?

What **hobbies** or activities do you enjoy? What activities would you like to try?

Who or what makes you laugh?

What do you **love** about yourself?

What is a **benefit** of practicing forgiveness?

What are some other ways **YOU** can renew your **emotional health**?

Weekly Motivator

Timeframe for these goals: Today This week This Month Before:

Exercise	I will spend ____ days doing the following physical activity for ____ minutes:
Healthy Eating	I will make the following choices to improve my eating habits:
Relaxation	I will spend at least ____ minutes on at least ____ days on the following relaxing activities:
Support from Others	I will spend at least ____ minutes on at least ____ days spending time with:
Fun	Regardless of how I feel, I will commit to scheduling fun activities, including:
Personal Goal:	Step #1: Step #2:

What might prevent you from meeting your goals for this timeframe?

Brainstorm ways to overcome these barriers: