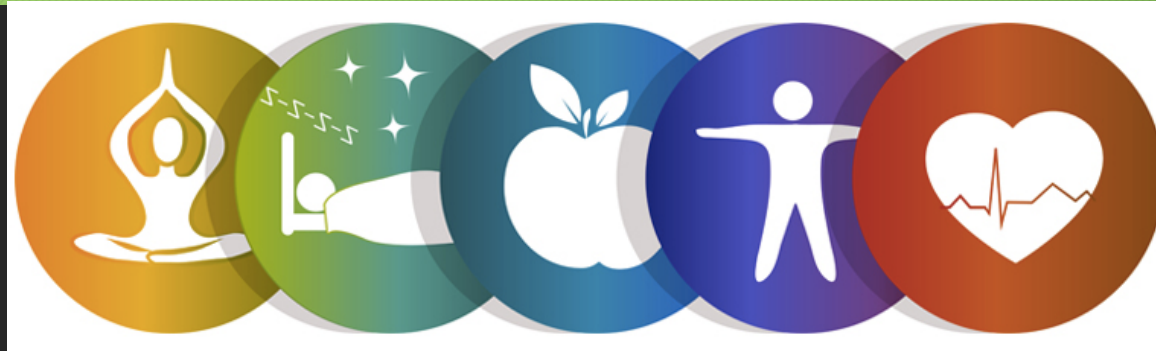


# Quick Tips for Stress Management



**University of Southern California**  
**Kortschak Center for Learning and Creativity**  
**Priscilla Rubio**

# Learning Outcomes

- Students will be able to:
  - Understand what stress is and how it affects the body
  - Evaluate their own reactions to stress
  - Identify quick strategies to manage their stress

# What is Stress?

- “A state of mental or emotional strain or tension resulting from adverse or demanding circumstances” (Oxford Dictionary).
- Sources of Stress
  - Environmental
  - Interpersonal
  - Intrapersonal
- “Fight-or-flight” response



# HOW STRESS AFFECTS THE BODY

## BRAIN

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

## CARDIOVASCULAR

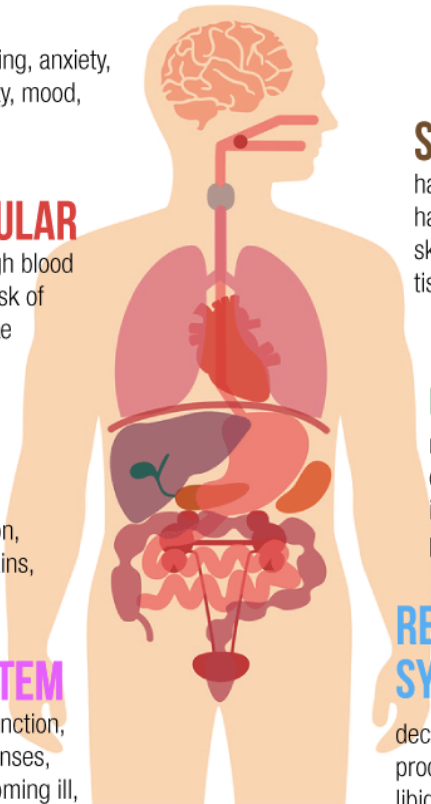
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

## 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

# The Effects of Stress

## • Four Main Effects

- Physical
- Behavioral
- Psychological/emotional
- Cognitive

## • Side Effects

- Brain
- Cardiovascular
- Joints & muscles
- Immune system

\*Skin

\*Gut

\*Reproductive System

## • Long-Term Effects

- Aging
- Illness
- Mental disorders

# Stress Management Plan

- Use this plan to help you identify your stressors and responses:
  - The following things stress me out the most:
    - 1. \_\_\_\_\_
    - 2. \_\_\_\_\_
    - 3. \_\_\_\_\_
  - I can tell I am feeling stressed because the following things happen to my body:
    - 1. \_\_\_\_\_
    - 2. \_\_\_\_\_
    - 3. \_\_\_\_\_
  - When I am feeling stressed, I have found the following things to help me relax:
    - 1. \_\_\_\_\_
    - 2. \_\_\_\_\_
    - 3. \_\_\_\_\_

# Quick Tips to Manage Your Stress

- Meditate
- Breathe deeply
- Be present
- Recall a past success
- Talk or write about what is worrying you
- Use positive self-talk



# Simple Stretches for Stress Management

- **Shoulder Rolls**
  - Sit or stand with arms at your side. Move your shoulders forward, shrug them up, and then move them backward. Repeat 5 times. Then repeat shoulder roll 5 times in opposite direction—shoulders backward, shoulders up, shoulders forward, in one slow continuous circular motion.
- **Head Rolls**
  - Begin with your head straight and your gaze forward. Very gently tip your head to the right and begin to move your chin toward your chest as you roll your head towards to the left. Gently tip your head back into an extended position (eyes are facing the ceiling) without crunching the back of your neck. Complete a few, slow rolls in each direction.
- **Neck Stretch**
  - Allow your neck to bend gently to the right, trying to touch your right ear to your right shoulder. Stop when you feel a stretch. Hold position for 10-15 seconds. For a slightly deeper stretch, place your right hand all the way over your head and press gently for a little more leverage. Repeat on the left.

**CONGRATS!**  
**You're on your way to managing  
your stress!**



<http://www.catsvscancer.org/wp-content/uploads/2015/01/ultimate-cat-massage-cute-orange-kitty.gif>