



Stress Management & Anxiety

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- “Invisible Disability”
- U.S. Public Health Service: Reduce Stress
- 2/3 of individuals visit physician for stress-related symptoms
- Associated with six leading causes of death—cancer, cirrhosis of the liver, heart disease, accidents, and suicide
- U.S. Spends \$42 Billion a year treating people with Anxiety Disorder

Statistics

- 40.8% felt a little stressed (daily)
- 8.6% felt very stressed (daily)
- 64.8%-amount of things to do
- 57.4%-school in general
- Memory problems
- Inability to concentrate
- Procrastinate or neglect responsibilities
- Poor judgment
- Depression
- Use of alcohol and drugs
- Changes in sleep patterns
- Isolation
- Nail biting

Symptoms

- Relaxation Techniques
- Study Skills Training
- Music Therapy
- Exercise
- Journal Writing

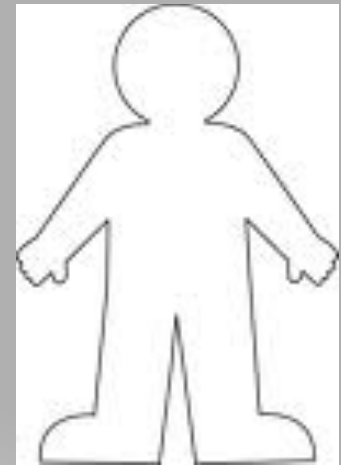


Counseling Strategies

- **Goals:** To introduce and define stress, explore causes and contributor factors of stress and how to find a balance.
- **Activities:**
 - Ice Breaker
 - The Story on Stress

Session 1 –The Story on Stress

- Goals: Students will learn stress symptoms and identify symptoms they are experiencing. Students will learn unhealthy and healthy stress coping skills
- Activities
 - Symptoms of Stress
 - How does your body react to stress
 - How to manage with stress



Session 2- Stressed? Let's Deal with It!

- Goals: To help students improve their relaxation skills.
- Activities
 - Spaghetti Toes
 - Muscle Relaxation Activity



Session3- Spaghetti Toes

- **Goals:** To explore feelings that different people have when stressed and explore how music can affect these feelings. To learn a new strategy of identifying stressors
- **Activities:**
 - Mad Music
 - Stress Diary



Session 4-Mad Music

- **Goals:** For students to become aware of how they spend their time and to set up their own schedule to allow sufficient time for academics.

- **Activities:**

- Stress Diary
- How Do You Use Your Time
- Study Time Discussion
- Let's Plan Your Week



Session 5-Time Management

- **Goals:** For students to coping strategies to stressful scenarios, ask members what they have learned about stress and if they feel like they have been able to reduce their stress, and discuss the possibility of having a follow-up in two or three weeks.

- **Activities:**

- Stress Diaries
- What would you do if...?
- Pencil it In
- A Breath of Fresh Air
- Sharing/Stress Ball

Session 6- Wrap Up

