STALL SEAT JOURNAL
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STRESS MANAGEMENT

Stress is the response to struggle and pressure in life. Everyone experiences stress, but the key is to not let it overcome you. Wellness Promotion and Success Coaching are two campus resources that can support you navigating excessive stress. Here are some additional tips that might help:

1. BE KIND TO YOURSELF
- Stress can sometimes lead to or induce a negative headspace; remind yourself that you are trying your best and that it is okay to feel overwhelmed.

2. LIMIT CONTACT WITH WHAT OR WHO IS CAUSING YOU STRESS
- If the news or social media is causing unnecessary stress, try to spend less time consuming that information.

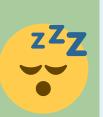### 3. PRACTICE RELAXATION TECHNIQUES
- Mindfulness and meditation are a great practice to calm feelings of anxiety and stress.
- Use deep breathing techniques.
- Try Progressive Muscle Relaxation.

4. DECIDE WHICH TASKS MUST BE DONE FIRST
- Create a to-do list with the most important items first to feel more relieved.
- Create a realistic schedule and prioritize tasks.
- Delegate or eliminate tasks that are not essential.

5. GET ENOUGH SLEEP
- Aim for 7-9 hours of quality sleep.
- Create a relaxing bedtime routine and avoid screens before bed.
- Take care of yourself.
- Create regular self-care practices that are beneficial in many ways for your body and mind.

RammyRiddler
What has an endless supply of letters but starts off empty?

SCAN ME

To learn more about stress & time management, schedule an appointment with a Success Coach here:

MEDICAL AMNESTY

Medical Amnesty is a university-wide policy offering protection from disciplinary actions for those seeking help in alcohol or substance-related emergencies. Medical Amnesty helps support the safety and well-being of individuals in life-threatening situations such as alcohol poisoning, substance use, or hazing, while shielding yourself against the associated conduct violations. At WCU, for an individual to receive Medical Amnesty, the bystander seeking assistance must:

1 Call 911, Public Safety, Police, Emergency Services, or university staff if you believe someone needs immediate medical help.

2 Ensure you are the first to call for assistance.

3 Provide your name and clearly explain the situation to the resource you contact.

4 Wait with the person needing help until assistance arrives.

5 Follow any post-event educational or counseling requirements from the Office of Student Conduct and/or Wellness Promotion.

Medical Amnesty can also apply to groups; check the Student Code of Conduct for details.

COURSES FOR STRESS MANAGEMENT SKILLS

Did you know that WCU offers a variety of courses structured to enable students to cultivate skills and routines to help cope with and manage stress, develop resiliency, and support well-being? Grounded in principles of mindfulness, these courses offer students experiential learning opportunities – practices that can serve you far beyond the academic years.
Check out the course catalogue for full descriptions and consider them as you look to fulfill your Gen Ed's and Elective requirements:

Want more options? Consider the Minor in Contemplative Studies, the 200-hour Yoga Teacher Training Program, and the Graduate Certificates in Applied Mindfulness and Integrative Health. **Scan the QR code for more info:**

ART 126	MPT 240
HEA 315	HEA 325
HEA 333	
PEA 142	PEA 143
PSY 200	

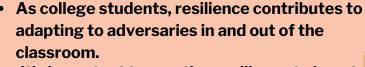## RESILIENCY

The process of adapting through challenging life experiences that require mental, emotional, and behavioral adjustment to meet external and internal demands.

Ways to build resilience:
- Embrace change.
- Establish goals.
- Stay optimistic.

- The ability to recover from difficult situations, connections with others, and overall problem-solving is enhanced with resiliency.
- As college students, resilience contributes to adapting to adversaries in and out of the classroom.
- It's important to practice resilience to boost problem-solving skills, effective emotional regulation, focus and much more.
- Building resilience takes time, patience, and experience.