

LEVERAGING STRESS

Achieving Life Balance

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Graduate School Professional Development Series

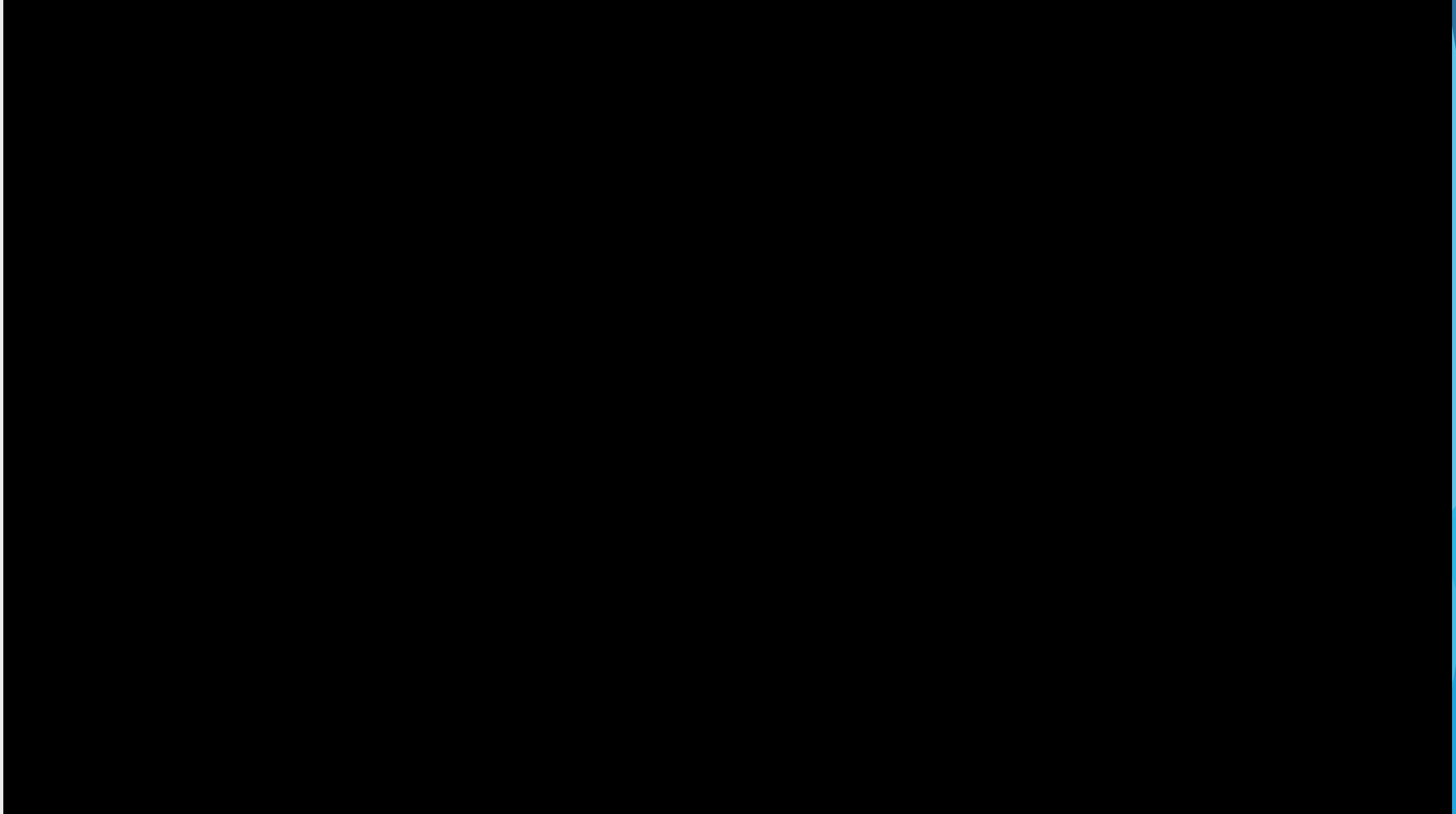
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Stress



- ▶ How much stress are you experiencing in your life right now?
(1=None, 4=A Moderate Amount, 7=An Extreme Amount)
- ▶ What is the primary source of stress in your life
- ▶ How stressful do you perceive this to be?
(1=Not Stressful At All, 4=Moderately Stressful, 7=Extremely Stressful)

Let's Settle in...



<https://www.youtube.com/watch?v=cOOd-wlMMRg>

Stress Measure

Crum, A., Salovey, P. & Achor, S. (2013). Rethinking Stress: The Role of Mindsets in Determining the Stress Response. *Journal of Personality and Social Psychology*.

0 = Strongly Disagree

1 = Disagree

2 = Neither Agree nor Disagree

3 = Agree

4 = Strongly Agree

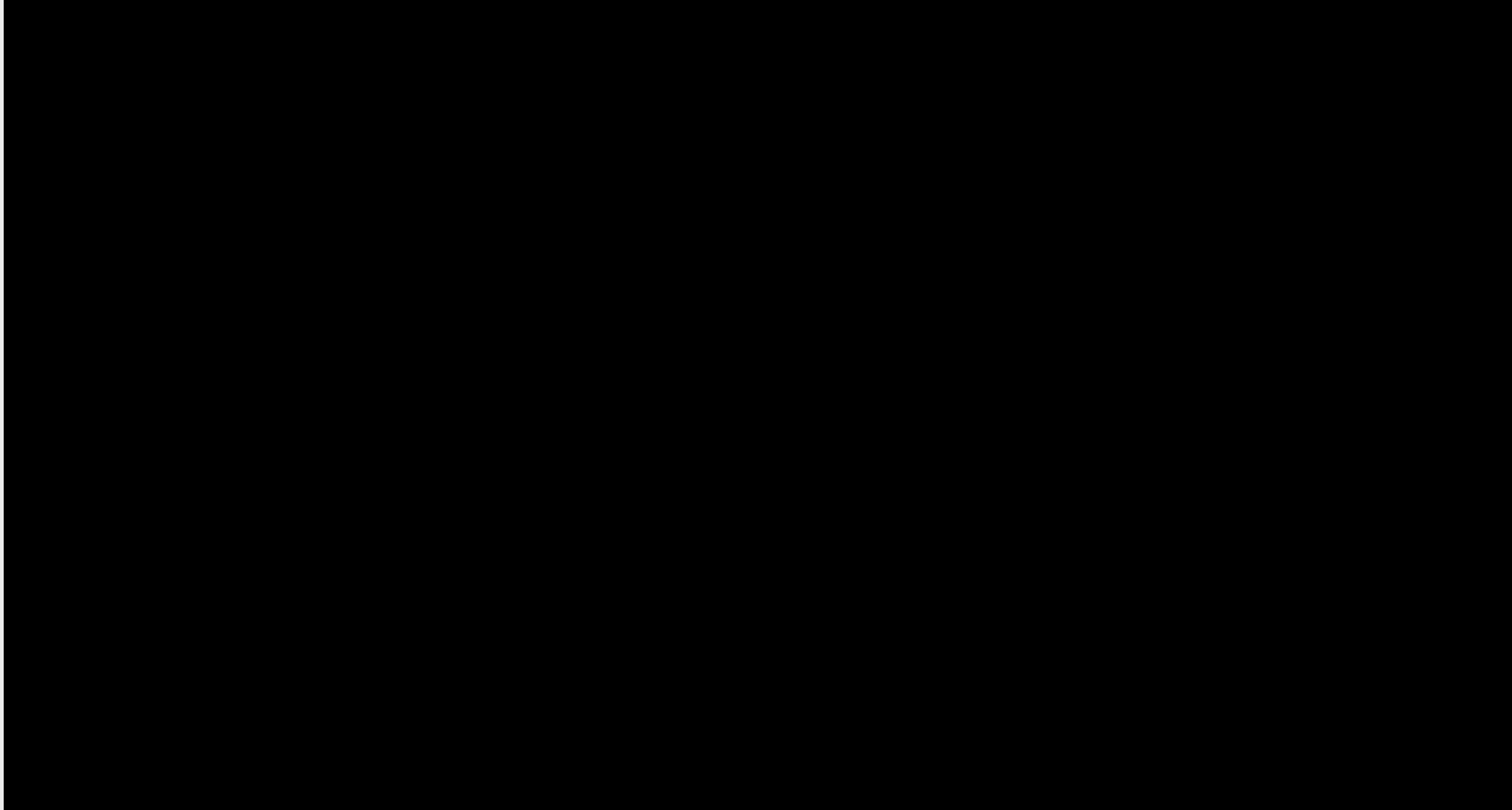
- ▶ The effects of stress are negative and should be avoided
- ▶ Experiencing stress facilitates my learning and growth
- ▶ Experiencing stress depletes my health and vitality
- ▶ Experiencing stress enhances my performance and productivity
- ▶ Experiencing stress inhibits my learning and growth
- ▶ Experiencing stress improves my health and vitality
- ▶ Experiencing stress debilitates my performance and productivity
- ▶ The effects of stress are positive and should be utilized

STRESS =

the experience of encountering or
anticipating adversity or challenge in
one's goal related efforts

Mindset

Dr. Alia Crum, Stanford University



<https://www.youtube.com/watch?v=vTDYtwqKBI8>

Stress Mindset

- ▶ Hans Selye, Endocrinologist, non-specific response of the body to any demand
 - ▶ Physics, force & the resistance to counter the force
 - ▶ Stress is bad for you, relationship between stress & disease
 - ▶ Fight/Flight reaction
 - ▶ Stress hormone: Cortisol
- ▶ Dr. Crum (Transforming stress)
 - ▶ Other stress reactions
 - ▶ Rise to the Challenge (DHEA—“the super hormone”
Dehydroepiandrosterone, also known as androstenolone, is an endogenous steroid hormone)
 - ▶ Counters effects of cortisol
 - ▶ Stress can have benefits
 - ▶ On performance and productivity
 - ▶ On health and vitality
 - ▶ On Well-being
 - ▶ Stress-related growth

Leveraging/Utilizing Stress

Steps to transforming stress (How can I use the stress to enhance outcomes?)

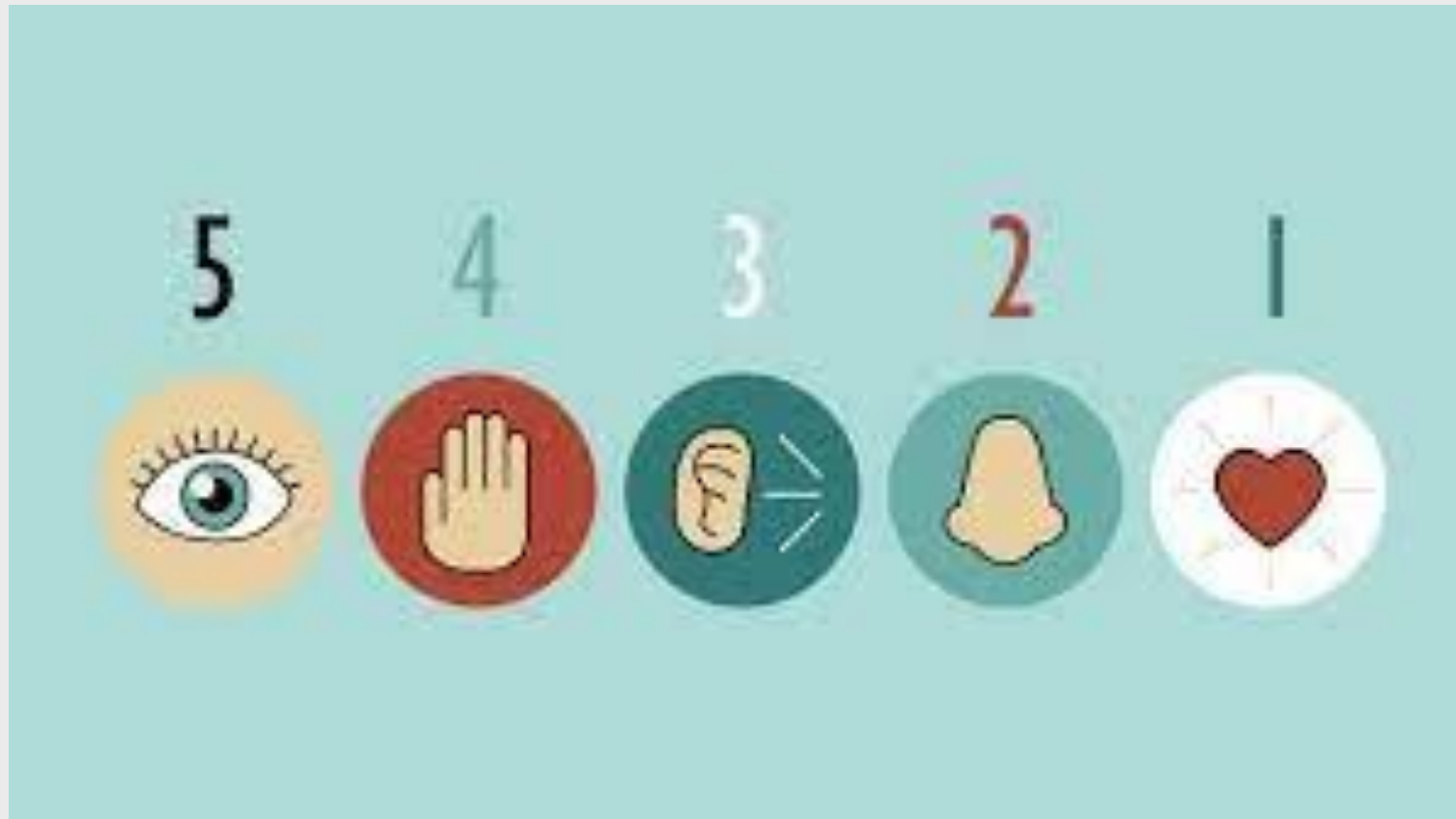
- ▶ Acknowledge Your Stress
- ▶ Welcome Your Stress
- ▶ You stress about things that you care about—
what is the underlying value
- ▶ Utilize Your Stress for achievement of a goal

What influences mindset?

What influences our mindset?

- ▶ Upbringing, how our parents talked about like when we're stressed or food or other things
- ▶ Culture and media, podcasts, movies, social media
- ▶ Influential others (doctors, close friends, peers)
- ▶ Your conscious choice

Grounding Technique



Mindset for Grad Students

- ▶ Manage Expectations
 - ▶ There will always be more work to do than time to do it
 - ▶ The amount of work increases as you move up the academic ladder
 - ▶ Prioritizing the seemingly urgent tasks at the expense of the activities that lead to long-term health and success will NOT lead to balance
- ▶ Create accountability structures for your writing and your personal health
 - ▶ Weekly check-in to set tasks/review progress
 - ▶ Check in with an accountability partner
- ▶ It is not selfish it is self-preservation
- ▶ When you are overwhelmed by stress, or are developing a plan to respond to stress, start by identify one problem area that you need to resolve to be more productive
- ▶ Take one small step forward to make a change
 - ▶ ex. Saying no to additional service requests
 - ▶ ex. Develop a rubric instead of giving in-depth feedback

Resources

- ▶ Progressive Muscle Relaxation (YouTube video)

<https://www.youtube.com/watch?v=1nZEdqcGVzo>

- ▶ <https://www.mindful.org/audio-resources-for-mindfulness-meditation/> (recordings on website)
- ▶ JKZ Meditations (app)
 - ▶ JKZ is subscription based, however, according to the website..."If you are unable to afford a subscription, write to us at www.mindfulnessapps.com/contact/. We will make every effort to make access available to you regardless of ability to pay."
- ▶ Headspace (app & Netflix)
- ▶ Stop, Think & Breathe (app)
- ▶ Let's Meditate (app - free & no ads)
- ▶ BIPOC-centered apps:
 - ▶ Shine (Black owned company)
 - ▶ Liberate
 - ▶ Exhale (BIWOC)
 - ▶ AYANA therapy
 - ▶ Safe place (self-care)
- ▶ Metro-Detroit area
 - ▶ <https://openmindfulnessmeditation.org/> (guided meditation)

WSU CAPS

Virtual Let's Talk is a program that provides Wayne State University students with the opportunity to seek free, private, *virtual* drop-in consultations using Zoom with a professional counselor from Counseling and Psychological Services (CAPS).

Although there is no set time for consultations, they typically take 15 to 20 minutes.

Let's Talk is NOT traditional counseling and instead offers students the opportunity to receive information on solutions, resources, immediate problem-solving, and support. To meet with a Let's Talk Counselor, all you need to do is virtually drop in via Zoom.

<https://caps.wayne.edu/outreach/lets-talk>