Handling Stress

Stress Awareness

Stress can manifest itself in different ways. Be sure to watch for:

**Physical**
- Tiredness, headaches, difficulty sleeping, stomach issues, physical tension

**Mental**
- Forgetfulness, poor concentration, worry, ruminating thoughts.

**Emotional**
- Sadness, anxiety, irritability, fear, apathy.

**Relational**
- Loneliness, withdrawal, relationship problems.

**Behavioral**
- Procrastination, eating problems, risk-taking.

Calming Strategies

Coping strategies in the moment to get you through:

**Pause**
- Take breaks and walk outside. Being stuck inside can intensify feelings of isolation. Make sure to do something that calms and centers you.

**Communication**
- Tell someone how you’re feeling and ask for help. Stay in touch via phone, social media, email.

**Mindful Eating**
- Reduce the amount of caffeine and stimulants you may be consuming. Take time to eat healthy foods and make sure to drink plenty of water.

**Exercise**
- Stretch, take a quick walk, do some jumping jacks in place.

**Relaxation/Mindfulness**
- Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. It helps reduce the stress in the moment. Take a minute for yourself. Check out apps like CALM and HEADSPACE.

**Remind Yourself**
- You are resilient and empathetic. You make a difference to each person you can help. Affirm that you can and you will get through this.

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