

Wellness InSTALLments

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Upcoming Events

RHA Drive-In: Jurassic Park
8/14, 8pm-10pm, Auxiliary Lot

Welcome Back Block Party
8/16, 11am-3pm
South Village and North Lake

REXPO
8/18, 10am-1pm, Library Lawn

COVID Declassified
8/19, 10am-2pm, Library Lawn

Greek Get Down
8/20, 11am-1pm, Library Lawn

Last Day To Add/Drop Class
8/21 by 5pm

Cards Against Hypnosis
8/28, 7pm-9pm, Library Lawn

Chill and Grill
8/27, 7pm, SoVi Green

Please visit Eagle Link for a full, updated schedule for events!

Managing It All



Stressed about balancing college classes, health, social obligations, work, and/or relationships? You are not alone.

According to the NCHA survey of 2018, 98.4% of college students experienced some level of stress in the past year. The truth is stress is a normal part of life and it and is not going to disappear. The question then becomes, how do we manage it all? To keep stress at bay in college, we need to focus on managing it early and effectively each semester. It is important to pay attention to our bodies to identify when we are experiencing stress so we can take steps to minimize it. Stress affects everyone differently and some techniques will work better for you than others. Read on to find some suggestions!

How Do You Respond To Stress?

Our bodies have a unique way of telling us when we are feeling stressed— these are called our stress signals! Here is a list of some common ones. Which ones do you identify with the most?

Physical

- Headaches
- Fatigue
- Insomnia
- Weight Change
- Colds
- Tightened Neck
- Headaches
- Pounding Heart

Emotional

- Anxiety
- Mood Swings
- Irritability
- Worrying
- The "Blues"
- Bad Temper
- Crying Spells
- Easily Discouraged

Mental

- Forgetfulness
- Confusion
- Lethargy
- Boredom
- Poor Focus
- Negative Attitude
- Low Productivity
- Pounding Heart

Social

- Isolation
- Resentment
- Loneliness
- Lashing Out
- Nagging
- Clamming Up
- Talk Less with Friends
- Lowered Sex Drive

After you recognize your stress reactions and patterns, you can then create a stress management plan to address the stressors in your life!

Wellness Tip

For a caffeine replacement, snack on some bananas! They have carbohydrates, vitamin B6, and potassium which all help boost your energy levels!

Question of the Month

Which stress management strategy do you think will work best for you?

RSVP on Eagle Link at [getinvolved.fgcu.edu](https://www.fgcu.edu/getinvolved.fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

What Works For Me?

Below are tips on how to cope with stressors in your life, try a few to find what works for you!

- ◇ Avoid large amounts of caffeine, as it can aggravate anxiety, insomnia, and nervousness.
- ◇ Spend time each day with at least one relaxation technique like yoga or meditation.
- ◇ Take a warm bath or shower to help relax your muscles.
- ◇ Go for a walk, bike ride, or other outdoor activity.
- ◇ Get in the habit of making a to-do list organized by priority.
- ◇ Listen to soothing music such as slow-paced instrumental music.
- ◇ Get in touch with your artistic side by drawing, coloring, and/or painting.



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