STRESS & ANXIETY TOOLBOX
WHAT IS STRESS?

- Physiological Arousal
- Autonomic Nervous System Activation
- Survivalistic Purpose
- Consequences
“STRESS”

“...when a person perceives that the demands exceed the personal and social resources the individual is able to mobilize.”

(http://www.xinli001.com/site/note/10492/)
PERCEPTION OF IMBALANCE

personal and social resources

demands
“When students don’t think they’ve studied enough, don’t know enough, aren’t rested enough, and can’t manage nervousness enough to pass the test or get the needed grade.”
WHAT IS ANXIETY?

“...a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.”

Webster’s Dictionary (2017)
WHAT CAN WE DO ABOUT STRESS AND ANXIETY?
Physical Intervention

- Breathing!
- Mindfulness Exercises
- Muscle Relaxation
- Dissipating Physical Energy
- Using Temperature, Touch (Hugs), Light, Sound
- Decreasing Stimuli
...the psychological ability to bring one’s attention to the present moment and the ability to focus thoughts only on what is happening now with our 5 senses.
“Focus on becoming aware of all incoming thoughts and feelings and accepting them, but not attaching or reacting to them.” --- Hoffman, Sawyer and Fang, 2010
PSYCHOLOGICAL INTERVENTION

- Identify the trigger
- Identify the threat
- Modify distorted thoughts
BEHAVIORAL INTERVENTION

- SLEEP!
- Eat Adequately
- Practice Stress Reducing Values
- Reduce Toxicity
- Surround Yourself with Beauty
- Treat Yourself Well
- Seek Support/Resources
What other strategies have you found to help?
TAO self-enrolled self help

Student Health and Counseling

Resources
- Resources Overview
- SHAC Forms
- Counseling Resources
  - Campus Wellness
  - Psychological / Psychiatric Links
- Self-Help Tools
- Go Ask Alice!
- Health Promotion Resources
- Community Resources

Self-Assessment / Self-Help Tools

Therapist Assist Online (TAO)
Welcome to your UNM TAO! This tool is used to meet our Lobos skill development and educational needs in well-being and behavioral health. It can be used to provide self-help on issues like mindfulness, communication, problem solving, and much more! Interested in building resilience with in yourself? Need a little stress management guidance? Then look no further, Lobos. We are here to help! Click on the link above to get started.

Screening for Mental Health, Inc.
Mental Health Screenings include:
- Bipolar Disorder
- Depression
- Eating Disorder
Welcome to TAO Self-Help

TAO Self-Help will help you to manage your own emotional well-being without the help of a counselor.
TAO Self-Help includes modules for developing your ability to bounce back from disappointments and setbacks, often referred to as resilience training.

SIGN ME UP

What does TAO Self-Help assist me with?

How Do I Use TAO Self-Help?
TAO Self-Help can be used as individual modules for focused problems like problem-solving or communications or can be used as sets of modules for more in-depth help with a problem area. The sets of modules in TAO consist of 5-7 highly engaging educational modules, typically completed over 6-9 weeks, with interactive activities to help you learn strategies and skills.

Tools in TAO Self-Help
In addition, you will have practice tools designed specifically to work with the educational modules, a mindfulness library, and a progress measure to track change week-to-week.
RESOURCES

- **Mindfulness with Jon Kabat-Zinn**
  [http://www.youtube.com/watch?v=3nwwKbM_vJc](http://www.youtube.com/watch?v=3nwwKbM_vJc)
  Jon Kabat-Zinn leads a mindfulness session at Google.

- TAO Mindfulness Library (shac.unm.edu)

- Call SHAC After Hours Crisis Line (277-3136, Option 3)

- Walk in to Triage
