

Student Health and Counseling  
Counseling Services  
University of New Mexico



# WHAT IS STRESS?

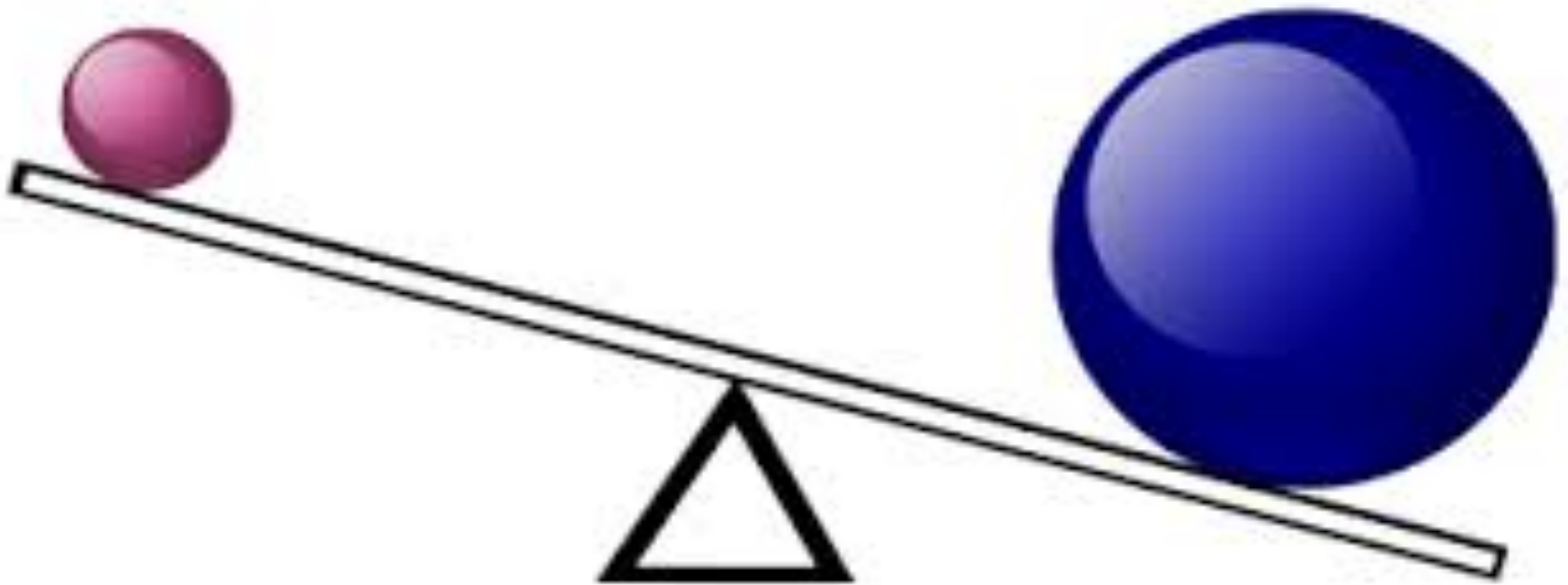
- ◉ Physiological Arousal
- ◉ Autonomic Nervous System  
Activation
- ◉ Survivalistic Purpose
- ◉ Consequences



# “STRESS”

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

# PERCEPTION OF IMBALANCE



personal and social resources

demands

## IN OTHER WORDS.....

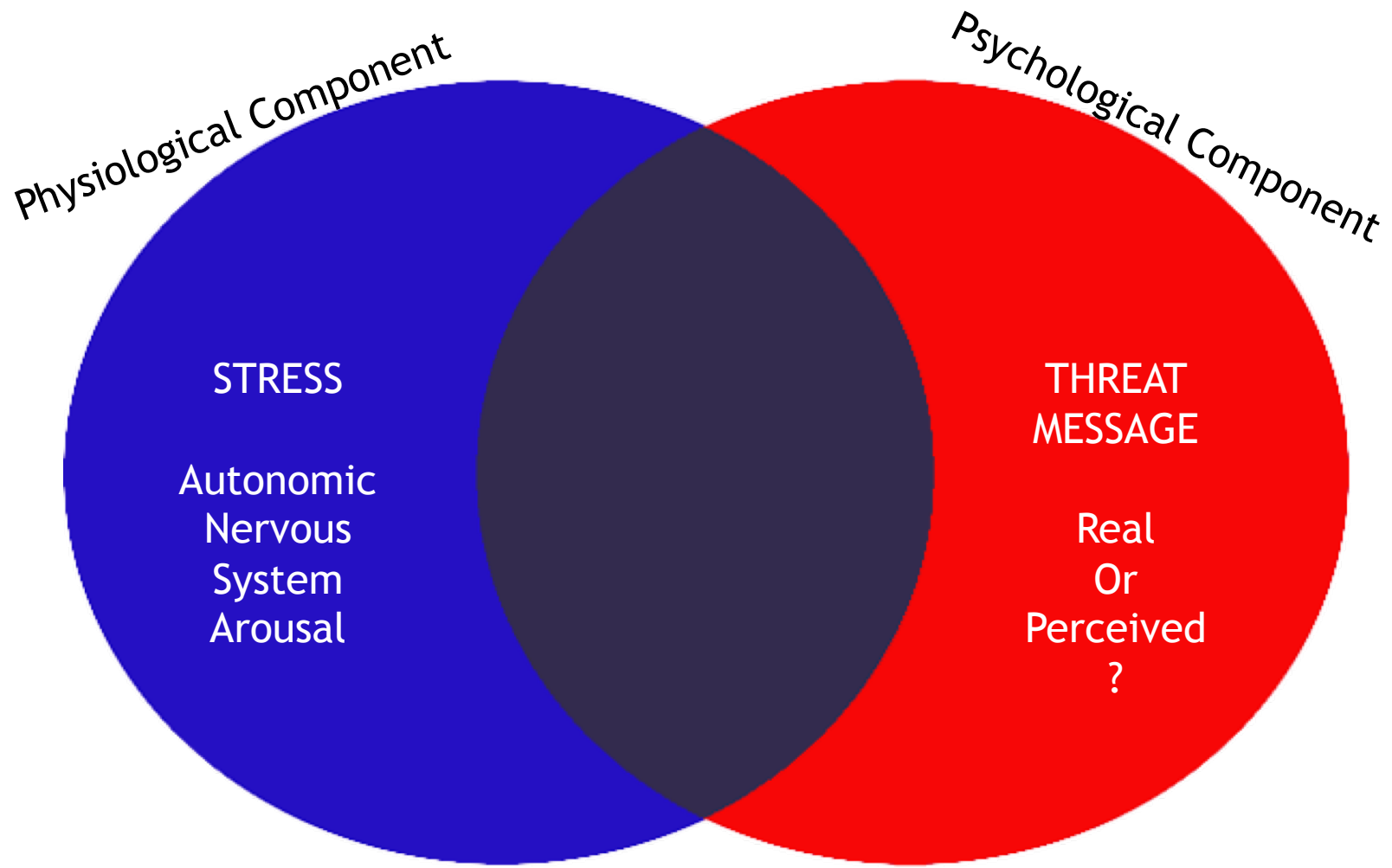
- ⦿ “When students don’t think they’ve studied enough, don’t know enough, aren’t rested enough, and can’t manage nervousness enough to pass the test or get the needed grade.”



# WHAT IS ANXIETY?

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

# ANXIETY



# 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



# MINDFULNESS

JOHN KABAT ZINN

- ◎...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

- ① Identify the trigger
- ① Identify the threat
- ① Modify distorted thoughts

# BEHAVIORAL INTERVENTION

- ◎SLEEP!
- ◎Eat Adequately
- ◎Practice Stress Reducing Values
- ◎Reduce Toxicity
- ◎Surround Yourself with Beauty
- ◎Treat Yourself Well
- ◎Seek Support/Resources



# SELF-CARE



◉ What other strategies have you found to help?

# TAO SELF-ENROLLED SELF HELP


TAO - Therapy Assistance

Self-Assessment / Self-Help Tools

Home

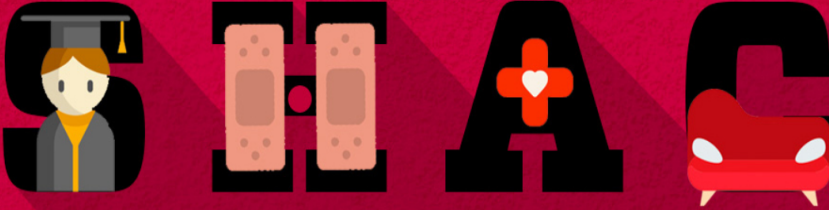
Not secure | shac.unm.edu/resources/counseling-resources/self-help-tools.html

Apps Imported From Firefox UNM FALL 2018 TAO - Therapy Assistance

THE UNIVERSITY OF NEW MEXICO

UNM A-Z myUNM Directory Help more Search

## Student Health and Counseling



Home About Services Insurance Wellness Resources Contact SHAC News

UNM / Home / Resources / Counseling Resources / Self-Help Tools

### 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

# TAO SELF-ENROLLED SELF HELP

TAO - Therapy Assistance x TAO Screening Instrum x Home x

Secure | <https://thepath.taoconnect.org/local/login/home.php>

Apps Imported From Firefox UNM FALL 2018 TAO - Therapy Assist

 TAO

You are not logged in. ([Login](#))

Home My Treatments

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 ?  
Materials in TAO Self-Help can help with stress, anxiety, relationship problems, anger management, problem solving, communications and evaluating your alcohol and drug use.

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 6-7 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
- ◉ Forsyth, J. P., & Eifert, G. H. (2016). The Mindfulness & Acceptance Workbook for Anxiety: A guide to breaking free from anxiety, phobias, and worry using Acceptance and Commitment Therapy. Oakland, CA: New Harbinger (Second Edition).

