

# Wellness InSTALLments

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## Coping with Family Stress

### Stress-Relief Events

**12/2 — De-Stress For Your Tests! P&W Coloring Table**  
12pm-3pm, Library Lawn

**12/6 — ART You Ready to De-Stress? CAPS Coloring Table**  
12pm-2pm, Veteran's Pavilion

**12/5—12/9 CAA De-Stress Fest, All Week!**  
11am-4pm, Library West 122

Please see our online calendar for a full, updated schedule

Going home for the holidays can be both exciting and stressful, all for the same reasons: Family. Whether it be your parents, or grandparents, they all want to know the same things..."How are your grades?" and "Did you meet anyone *special* yet?" They only ask because they care, but there is no disagreeing that it is certainly overwhelming! **When the questions come snowballing in and you freeze up, try and remember some of our coping mechanisms for dealing with family stress!** Maybe prepare a list of things you are comfortable talking about with your family and use the time at home to catch up on some sleep! Being home for the holidays should be relaxing, so try to take the time away from school and work to unwind and get your mind back on track for the next semester!

Welcome HOME!

### FAMILY TIME TIPS

- ◆ Take a deep breath—they ask because they care. You can even make a list of all the things you want to share!
- ◆ Use your time at home to de-stress: Catch up with old friends and forget about school work for a few days!
- ◆ Enjoy the home cooked meals while you can—the microwave is only so good for so long!
- ◆ Talk about your successes... just being away at college is a success in itself so be sure to flaunt all you've accomplished!
- ◆ Talking about stress is important. Utilize campus resources like CAPS or P&W!
- ◆ Try to catch up on some sleep too. The brain can't properly function without some rest!



**"THE BEST WAY TO SPREAD HOLIDAY CHEER IS SINGING LOUD FOR ALL TO HEAR!"**

### WELLNESS TIP

Talking about things that stress you out can be very relieving and helpful. Don't keep things bottled up!

### Question of the Month

Where on campus can you go to talk about family or other things that may be stressing you out?

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

## Stress Quiz: True or False?

- ◆ A little stress can be good for you?

TRUE: Its called eustress! It can motivate you to get stuff done!



- ◆ Stress & anxiety are the same?

FALSE: Stress is a response to a specific factor, anxiety has no identifiable root.

- ◆ The "fight or flight" response can be triggered by imaginary threats?

TRUE: How you perceive a threat effects how your body responds, real or not.

- ◆ Stress can weaken your immune system?

TRUE: Being stressed and a lack of sleep can over work your body, causing you to get sick!



**PEERS CARE**  
Educate. Engage. Empower.

