

# Wellness InSTALLments

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## Programs & Events

**1/7 - Spring Involvement Fair**  
Cohen Center Ballroom  
12:00—3:00pm

**1/13 - Healthy Hump Day**  
Shred the Past, Write the Future  
In front of P&W  
11:00am—2:00pm

**1/14 - F.L.O.C. Resource Fair**  
Cohen Center Ballroom  
11:00am—1:00pm

**1/20 - Eagle Wellness Fair**  
Library Lawn  
11:00am—2:00pm

**1/27 - Healthy Hump Day**  
Eating Well w/ No Time/Money  
In front of P&W  
11:00am—2:00pm

Please see our online calendar for a full, updated schedule

## Quick Stress Tips

- ⇒ Color or draw
- ⇒ Take a walk
- ⇒ Call your family
- ⇒ Watch a funny movie
- ⇒ Read a children's book
- ⇒ Sleep
- ⇒ Do yoga
- ⇒ Sing and dance
- ⇒ Cook or bake
- ⇒ Work on a puzzle

## Question of the Month

What is one healthy way to manage your stress?

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

## Managing Your Stress



**Stress.** We hear this word every day; it's crept its way into our daily lives and we can't seem to shake it off. The truth is stress has been around our whole lives; like when we played sports as kids and worked hard to be the best, or when we took our spelling and vocabulary tests and just had to get every word correct. **Stress is a natural feeling in our bodies to push our limits and motivate us to keep going.** However, students in college can find themselves overwhelmed by high levels of stress if they are not proactive. **To keep stress at bay in college we need to focus on managing it early and effectively each semester.** The steps outlined below are a few ways to manage your stress, but stress affects everyone differently and some techniques will work better for you than others. **Find what works best for you and stick to it.**

## How Stressed is Too Stressed?

Rate the following statement between 1 (often) to 5 (never). Then add up your scores.

- 1) I have a time and place to do every day tasks.
- 2) My friends are there to talk or help.
- 3) I feel confident in my own abilities.
- 4) I speak openly about my feelings when angry or worried.



The closer your score is to 20, the more vulnerable you are to stress. It is normal to feel stressed; but it's how you deal with stress that truly affects you. Visit P&W on the first floor of Howard Hall for some stress relieving tips or visit CAPS (Counseling and Psychological Services) on the second floor to make an appointment for more support!

## Stress Relieving Steps



- 1) **Know WHY you're stressed.** Can you do anything about it? Can it be used as a motivator to accomplish a goal?
- 2) **Take care of your body.** Eat well, drink water, exercise the stress out. Take time to breathe and rest.
- 3) **Make a plan to relieve stress.** Results take time! Mark time for relaxation in your calendar and keep at it!
- 4) **Take care of your feelings.** Take a break to calm down. Don't agree to take on too much for others.
- 5) **Ask for help.** Talk to friends and family. If the stress is too much, seek additional support like CAPS or Prevention and Wellness. We're always happy to help.

*"It's not the load that breaks you down,  
it's the way you carry it."*

- Lou Holtz



Prevention & Wellness is located on the first floor of Howard Hall. Find us online: <http://fgcu.edu/wellness>