

Part 10: Addressing Internal Stressors

Closing Tips:

- 1. You can't pour from an empty cup.**
Take care of yourself. Your work will suffer if your health suffers.
- 2. Your mental health is as important as your physical health.**
Therapy is normal. If you need help, seek help.
- 3. You don't have to do it alone or all at once.**
It's a group marathon, not an individual sprint.

Additional Resources:

Health and Wellness at Virginia Tech and in the Local Area

- **Student Medical Insurance:** With a graduate assistantship of at least 10 hours per week (50%), you are eligible for a subsidy on the premium of the university-sponsored plan. Learn more: <https://risk.controller.vt.edu/studentmedicalinsurance.html>
- **Schiffert Health Center:** Schiffert had a medical clinic, complete with x-ray & lab services and a pharmacy. <https://healthcenter.vt.edu/>
 - **Women's Clinic:** Schiffert also has a Women's Clinic which serves women and AFAB trans people https://healthcenter.vt.edu/ourservices/womens_clinic.html
 - **Nutrition Services:** Everything from workshops to independent nutrition counseling; Cook/Schiffert providers can also refer you to meet with a registered dietitian. https://healthcenter.vt.edu/ourservices/nutrition_services.html
- **Counseling**
 - **Cook Counseling Center:** Cook offers Group counseling, Individual counseling, & Psychiatric services <https://ucc.vt.edu/>
 - **Graduate Student Drop-in Counseling Zoom hours:** 1-5pm Thursdays and Fridays. Zoom links here: <https://graduatelifecenter.vt.edu/svs-at-the-glc/weekly-walk-in-services.html>



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- **Mental Health Resources:**
<https://hokiewellness.vt.edu/students/mentalhealth.html>
- **Coping & Mental Health Resources** <https://support.psyc.vt.edu/news/mental-health-resources-coping-during-covid-19-pandemic>
- **Cranwell International Center:** Assistance can also be provided with specific or general concerns that might include: Adjustment difficulties, Immigration, Financial concerns, Family issues (parents or dependents), Health care issues, Academic concerns, Roommates and friend concerns, Loneliness, Eating problems, Safety issues
<https://www.international.vt.edu/>
- **Services for Students with Disabilities:** How to Register as a disabled student and request Accommodations: <https://ssd.vt.edu/>
- **Fitness Facilities**
 - **VT Facilities:**<https://recsports.vt.edu/>
 - **VT Personal Trainers:**
<https://recsports.vt.edu/fitnessprograms/personaltraining.html>
 - **Exercise is Medicine program:** Get free personal training sessions & learn how exercise can help you meet your health goals. Referral required by a Schiffert or Cook provider.
 - **Blacksburg area:** WeightClub, Blacksburg Fit Body Boot Camp, In Balance Yoga, Blacksburg Community Center, etc.
- **Outdoor Recreation**
 - **Recreational Sports Outdoor Activities:**
<https://recsports.vt.edu/outdooractivities.html>
 - **Outdoors Club:** <https://medicine.vtc.vt.edu/student-life/student-clubs-and-organizations/club-vtc-outdoors.html>
 - **Local walking/hiking trails:**
<https://vtnews.vt.edu/articles/2020/07/transportation-hokiesoutdoors.html>
- **Suicide Prevention**
 - **New River Valley Community Services (local):** NRVCS Emergency Services provides emergency evaluation and crisis intervention to the New River Valley 24 hours per day, 7 days per week. If you are experiencing a psychiatric emergency, call 540-961-8400. Learn more: <http://www.nrvcs.org/access-services/>
 - **National Suicide Prevention Lifeline:** Call 1-800-273-8255; The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
 - Chat also available: <https://suicidepreventionlifeline.org/chat/>
 - **Crisis Text Line:** Text HOME to 741741 to connect with a Crisis Counselor
 - More info: <https://www.crisistextline.org/>



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- **Emergency Services** summarized by Cook Counseling here: https://ucc.vt.edu/clinical_services_students/emergency_services.html
- **Local Medical Networks:** Looking for doctors off campus? Look for local providers through Carilion Clinic (<https://carilionclinic.org>) & LewisGale (<https://lewisgale.com>)
- **Virginia Tech Wellness Resources**
 - Well-Being Resources: <https://well-being.vt.edu/>
 - Wellness at Home Resources: <https://hokiewellness.vt.edu/hokie-wellness-at-home.html>
- **Support and Services for Survivors for Domestic Violence and Sexual Assault:** there are two local Women's Centers (note: both [Hokie Wellness On Demand](#) explicitly serve more than just those assigned female at birth; and both serve the LGBTQ community).
 - **Women's Center at VT** (campus): <https://www.womenscenter.vt.edu/>
 - **NRV Women's Resource Center** (Christiansburg): <https://www.wrcnrvt.org/>

Roanoke & Capital Region Campus Resources

- **Resources for Roanoke Students:** <https://graduateschool.vt.edu/student-services/resources-for-roanoke-students.html>
- **Resources for Capital Region Students:**
<https://dcarea.vt.edu/>
<https://www.nvc.vt.edu/>

Resource Guides from the National Institute of Health

- **Physical Wellness Checklist:** Positive physical health habits can reduce your stress and increase your energy. <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/physical-wellness-checklist.pdf>
- **Emotional Wellness Checklist:** Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.
<https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>
- **Social Wellness Checklist:** Positive social habits can help you build support systems and stay healthier mentally and physically. <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist.pdf>

How to Recognize and Deal with Common Challenges Faced by Grad Students

- **Imposter Syndrome** “can be defined as a collection of feelings of inadequacy that persist despite evident success.... In fact, some researchers have linked it with



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perfectionism, especially in women and among academics.”

- Overview of Imposter Syndrome and some ways to address it:
<https://hbr.org/2008/05/overcoming-imposter-syndrome>
 - 10 Steps to Use to Overcome Imposter Syndrome
<https://impostorsyndrome.com/10-steps-overcome-impostor/>
 - Valerie Young – TED Talk – “Thinking your way out of imposter syndrome”
<https://youtu.be/h7v-GG3SEWQ>
 - Mike Cannon-Brookes – TEDx Talk – “How you can use impostor syndrome to your benefit” <https://youtu.be/ZkwqZfvbdfw>
- **Anxiety:** Recognize the symptoms of anxiety in grad school & learn how to deal with it:
<https://www.masterstudies.com/article/five-tips-for-fighting-anxiety-in-graduate-school/>
 - Grounding techniques/exercises can be a very helpful way to cope with anxiety and panic: <https://www.healthline.com/health/grounding-techniques>
 - Some Recommended Apps: Calm, Headspace
 - **Burnout:** Know the Symptoms of Burnout. This article was specifically written for therapists-in-training but the information is helpful for any graduate students
<https://blog.time2track.com/grad-school-burnout-is-real-here-are-the-symptoms>
 - **Dealing with Burnout:** These two articles provide suggestions about how to combat symptoms of burnout
 - <http://ijobs.rutgers.edu/wordpress/2015/10/27/stress-and-burnout-in-graduate-school-recognizing-preventing-and-recovering>
 - <https://academicpositions.com/career-advice/recognizing-and-preventing-burnout-in-grad-school>

