

Dealing with stress:

How different people approach stress management, whether healthy or not

need for distractions

handle stress by listen to Christian music and pray

handle stress by getting away, anywhere that brings joy - Chinatown, etc

I handle stress by going on walks, listening to music and podcasts

communal activities are nice things to look forward to

handle stress by spending some time with family

handle stress by going out into nature

handle stress by driving somewhere

handle stress by reading

I handle stress by writing down what stresses me out and reading a book

handle stress by going to the gym and work out

events where you can be around others, in a casual setting helps relieve stress temporarily

desire for over-consumption

giving into over-indulging to forget stress

I handle stress by not thinking about what's stressfull

handle stress by retail therapy

handle stress is by sleeping

handle stress by buying a lot of food

handle stress by staying awake and keep pushing

need for calming activities to bring peace

handle stress by taking one day to relax and not fixate on work

prevent stress by planning everything out helps me

handle stress by picking a time during the week to do things with someone else

handle stress by not thinking about school

having more time relates to less stress

doing things little by little helps a lot

having a nice enviornment makes a huge difference with stress

breathing exercise to control and not fixate on to handle stress

To manage stress I like to practice breathing exercises

handles stress by writing things that bother me and throwing away the paper

I managed my stress by taking one task at a time and speak to my friends

I managed stress by going to the counseling center every week.

I tried stress management therapy before because it was free as a student

I talked to my advisor and my sister about academics to guide me

starting assignments early helps release stress

I manage my stress by starting assignments early and speaking with TAs

I like to handle stress by planning out my day in advance and getting away from work

motivation to handle stress comes from internally

handle stress by being around people

I went to therapy before because it was a free resource from my university

Unhelpful **Insight:** Stress caused by people around us

the need for a better support system

it's nice having a support system to talk about things that stress you when you have that thing in common

it's not helpful when people say "just study", other unhelpful things

sometimes my family and friends don't understand

it can be easy to cover up your stress when people don't understand

The last person I talked to someone about my stress was my mom but I still felt stressed after speaking with her

I spoke to my friend about a decision that was stressing me out

it's easy for people in your life to relate to your stress, but they can rarely do anything about it

I spoke with my mom about stress but my mom was not able to understand where I was coming from

User preferences for therapy

Things students will look for in a therapist

demographic/ characteristic needs

i would like a therapist with similar background, first-generation, poc, woman.

i'd go to a therapist for trauma

i would like a therapist that's kind, understanding, non-judgemental and give logical advice

Having a therapist helped me understand myself and make school easier

therapists are good for personal or relational stress, for an outside perspective

i would need a therapist who challenges me and guides me through instead of just letting go

accessibility needs

does not have a preference with in person or online

if i had a therapist, i would need sessions to be in-person, for a better bond

i need in-person therapy, so that no one can hear what's going on. that would cause me to be less open and honest

i need a therapist who is close to me so that traveling isn't a hassle

need for a trusted recommendation

if i were to choose a therapist, i would need to see reviews

i would accept a therapist recommendation from a friend, though they'd need to be professional and not share information

Not in Therapy

Reasons/needs for not previously being in therapy

need for affordable help

would not go to free therapy for just school

it's better to talk to friends and family because therapists are costly.

therapists are expensive! if i can get my needs met another way, i'll go for that

i would go to free therapy if my stress were related to friends and family. i would not go for school related stress

would not go to free therapy for school related stress because i just need to complete assignments

therapists are costly, i'd rather suffer alone

Unable to go for therapy

people may choose not to have therapists because it's hard to find time to give

i'm too busy for therapy

i would not go to therapy because it takes time to go there. The work i have will still remain the same

if i did therapy online, and stuff was happening in the background, it would cause me to be less and less open and honest about what's going on

need for new stress management tips

i wouldn't use a therapist for school stress

why waste time talking about stress, when you can be doing work to get it done?

talking about stress makes people more stressed

sometimes talking about your stress doesn't encourage you

people may choose not to go to therapists, because their stress source is still there when they leave

school is a main source of stress

i wouldn't use a therapist, because they would tell me what i already know

Education specific stresses

What part of school causes stress?

need for balance

time-management

many projects
at the same
time is
overwhelming

Education is
my main
source of
stress

missing
school causes
lots of stress

Keeping up
grades,
workload and
due dates was
stressful

needing to
stay up all
night to finish
assignments
doesn't help

Balancing
education and
social life was
stressful