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**What’s one way you like to handle stress? Avoiding what is stressing me out, not thinking about it.**

Sania: Gets away from work and plans out her day in advance.

Litzy: Likes going on walks, listening to music and podcasts.

Diya: I like to write down what is stressing me out and then do a hobby like reading a book.

**What’s one thing you’re looking forward to this week?**

Micah: Paint night, superbowl Sunday

Charlotte: Galentine’s day

Nayeli: Looking forward to the goals she has set for herself.

Micayla: Friday since it is the end of the week. No plans, just relax from all the work this week.

Litzy: Reading the book Tomorrow, Tomorrow, excited to finish it.

Diya: I am looking forward to seeing my friend because it is her birthday on Friday.

**-How much does your education contribute to your stress?**

Sania: Main source of stress

Micah: She is not working so it is the only source of stress

Xiao: Recently tested COVID-19 positive, so she is behind on school work. Has a lot of assignments due and multiple assignments are being assigned.

Litzy: Education was the top reason for stress, balancing education and a social life was stressful because prioritizing school was important. A lot of course work and wanting to do well was stressful.

Diya: A lot, i get stressed out because of grades and due dates and the workload of school.

**-Tell us about a time you felt the most stressed. How did you manage your stress? What’s your process? Who did you speak to?**

Micah: Week 3 Spring semester: Speech assignment for communication class. She was not supposed to read from note cards. To manage: she practiced a lot and did breathing exercises. Also, do not focus only on people looking at you. Everyone’s on the same boat so do not stress about what people are thinking.

Diya: I was the most stressed last spring when I had school and I worked 20 hrs a week and commuted 3 hrs a day. I managed this by going to the counseling center and talking to them every week. I would write a to do list every day and work my way through it by taking one task at a time. I spoke to the counseling team once a week and to my friends a lot.

Micayla: Fall 2022 semester: had a lot of semesters. Pull 3 all nighters and stay awake to deal with it. Previously in RA, which does add to the stress. Lives where she works.

Xiao: To manage, she starts early on her assignments and reaches out to TAs for help.

Litzy: When she was undecided about her major, didn't know what to do. She talked to her advisor to talk about academics. She also talked to her sister to guide her since she knows her really well. Having those conversations helped her decide what she liked.

**- When’s the last time you felt like you needed to reach out to someone because of how stressed you felt?**

Micah: Talked to mom last week about school work. Although her mom understood what she was going through, Micah’s stress remained the same. She feels motivation comes from within and only reduces it if she gets the work done.

Xiao: She doesn’t want to talk to family or friends because when she did tell her mom, her mom said she needs to work hard since she is just a student. Her mom wasn’t able to understand where she was coming from so now she doesn’t tell her mom now.

Litzy: When she was applying to jobs she was getting rejections, speaking to her sister helped her because she had someone that listens.

Diya: Last week, I was stressed about a decision I needed to make so I talked to my friend about it.

**For those without a therapist:**

**- Opinion on therapists:**

Xiao: Would not go because it takes time to go there. You might end up feeling better mentally, but the amount of work would still not go down which would keep stress levels the same.

Micayla: No time to go there, so therefore a therapist would be unproductive since work would not decrease. Mentally you might feel better, but physically you would still feel unwell.

Sania: Better to talk to friends and family since therapists are costly. Also, surround yourself with people that can relate to you and give you a support system.

Litzy: Went to therapy sophomore and junior year. Going to a therapist helped her understand what she has, she was able to diagnose with anxiety and adhd. Knowing her diagnosis helped her understand herself and make school easier for herself.

**What if therapist services are free?**

Sania: depends on the kind of stress. If it is related to friends and family where you need an outsiders’ perspective or you don’t want to burden others. Would not go for school related stress.

Micah: No, not for school because she knows the only way to reduce school stress is complete the assignments. She would go for personal therapy or vent to someone.

Micayla: She would go for something deeper than school.

Litzy: Yea I only went to therapy because it was a free resource from my university.

Diya: Yes I think stress management therapy is helpful - I tried it last spring. I went because counseling is free for 15 sessions as a student. It would be great if therapist services were free or at least a lower cost than it is.

**What characteristics do you look for in therapists?**

Micah: Female and same race, so they can understand. Also, wants the therapist to challenge and encourage her. She wants someone who will not just listen, but will also follow-up and guide her.

Sania: Woman and someone that was recommended. Might not want to go to someone who might share her details with others.

Micayla: Will look for good reviews and trial sessions.

Litzy: Similar background as her. Wanting a first-gen POC and a woman. The struggles they went through are similar to hers to better understand her.

Diya: I look for a therapist that is kind, understanding, non judgmental, and able to give logical advice when I am thinking too emotionally.

**Online or in-person?**

Sania: In-person since it is easier to get feelings across. Can also communicate with body language. There is better bonding and comfort.

Micah: In-person because it is easier to get feelings across. Can also communicate with body language. There is better bonding and comfort. Also, you can’t control the environment and might not want to open up and be honest if people are present.

Litzy: It wouldn’t matter. Both are good options for her. Face-to-face communication is a good experience but online wouldnt be a bad option either.

Diya: I prefer either, online is nice only if you have a space that you can be alone at.