

Session III.
Group & Team Theory (cont.)

Handling Stress in Groups



LEARNING OBJECTIVES

By the end of this section, you will be able to:

- Identify sources of stress, particularly for college students
- Describe the symptoms and effects of chronic stress
- List healthy ways of managing stress that fit your current lifestyle

Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.

—Marilu Henner, actress

Causes of Stress

- As a student, you're probably plenty familiar with the experience of stress—a condition characterized by symptoms of physical or emotional tension.
- What you may not know is that it's a natural response of the mind and body to a situation in which a person feels threatened or anxious.

Causes of Stress (cont.)

- Strong emotions like fear, sadness, or other symptoms of depression are normal, as long as they are temporary and don't interfere with daily activities.
- If these emotions last too long or cause other problems, it's a different story:

Stress make you feel overwhelmed and out of control.

Negative stress

- Stress can hit you when you least expect it—before a test, after losing a job, or during conflict in a relationship.
- While everyone experiences stress at times, a prolonged bout of it can affect your health and ability to cope with life.

Positive Stress

- Stress can be positive
- For instance, it can help you develop skills needed to manage potentially challenging or threatening situations in life.
- For example: preparing for a holiday trip

Signs and Effects of Stress

common symptoms of stress:

-
- Disbelief and shock
 - Tension and irritability
 - Fear and anxiety about the future
 - Difficulty making decisions
 - Being numb to one's feelings
 - Loss of interest in normal activities
 - Loss of appetite (or increased appetite)
 - Nightmares and recurring thoughts about the event
 - Anger
 - Increased use of alcohol and drugs
 - Sadness and other symptoms of depression
 - Feeling powerless
 - Crying
 - Sleep problems
 - Headaches, back pains, and stomach problems
 - Trouble concentrating

Chronic Stress

Can impair your immune system and disrupt almost all of your body's processes, leading to increased risk of numerous health problems

Including the following:

- Anxiety
- Depression
- Digestive problems
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment

That's why it's so important to learn healthy ways of coping with the stressors in your life.



Ways of Managing Stress

The best strategy
for managing stress
is by taking care of yourself
in the following ways:

- **Avoid drugs and alcohol**
- **Manage your time**
- **Connect socially**
- **Slow down and cut out distractions for a while.**
- **Take care of your health**
- **Find support**

Avoid drugs and alcohol

- They may seem to be a temporary fix to feel better
- But in the long run they can create more problems and add to your stress - instead of taking it away.



Manage Your Time

- Work on prioritizing and scheduling your commitments.
- This will help you feel in better control of your life, which, in turn, will mean less stress.



Connect socially

- When you feel stressed, it's easy to isolate yourself.
- Try to resist this impulse and stay connected.
- Make time to enjoy being with classmates, friends, and family; try to schedule study breaks that you can take with other people.



Slow down and cut out distractions for a while

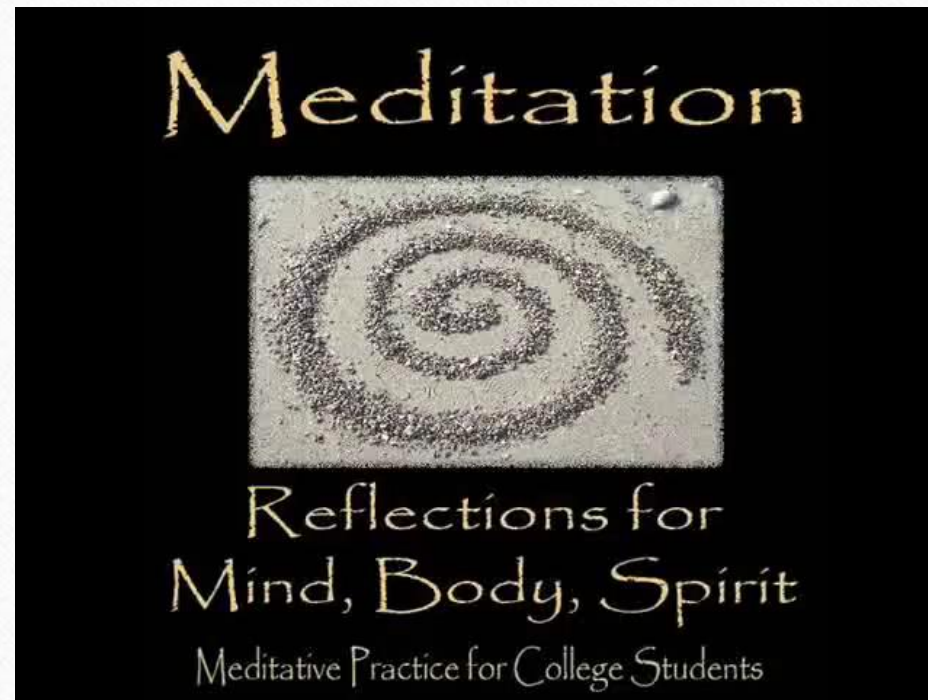
Take a break from your phone, email, and social media.



Take care of your health

- Eat a healthy, well-balanced diet
- Exercise regularly
- Get plenty of sleep
- Try a relaxation technique, such as meditation or yoga, or treat yourself to a massage
- Maintain a normal routine

Meditation



Find support

- Seek help from a friend, family member, partner, counselor, doctor, or clergy person.
- Having a sympathetic listening ear and talking about your problems and stress really can lighten the burden.
- Counseling/therapy Center
- Hospital
- Online counseling
- Hotline
- Family, Friends, ...

For example: Free Counseling service from your university



Phòng Tư vấn Tâm lý Cốc Kê

📍 Phòng 310R, tòa Alpha, Đại học FPT
☎ 097.545.7615
✉ tuvansinhvien@fpt.edu.vn
f facebook.com/tuvantamlyFPT

You share - we care





If the self-care techniques listed above aren't enough and stress is seriously interfering with your studies or life, don't be afraid to get help. The student health center and college counselors are both good resources.

Activity: Relaxation



