



Volume 4...Issue 2



Bladder Chatter

TRU student health & wellness newsletter

STRESSED...Do I need to say more?

10 STRESSES FOR STUDENTS

1. TIME MANAGEMENT ISSUES
2. FINANCES
3. RELATIONSHIPS (PARENTS, FRIENDS & PARTNERS)
4. MIDTERMS, FINALS & PAPERS
5. GETTING A BAD GRADE
6. DEALING WITH A MENTAL ILLNESS SUCH AS DEPRESSION OR ANXIETY
7. HOMESICKNESS
8. LONELINESS
9. BALANCING PARENTHOOD WITH BEING A STUDENT
10. FEELING OVERWHELMED

What is stress?

Stress is the response of the mind, body and behaviour to stressors (i.e. being late, getting a bad grade, fighting with your partner). Stress is an Individual reaction and depending on your particular response, the stressors may be negative (distress) or positive (eustress).



This newsletter is sponsored and published by the TRU Wellness Centre. Do you have any questions or comments? Please contact Chelsea at 828-5010 or ccorsi@tru.ca for more info.

Smile...it does a body good!



TRU WELLNESS CENTRE
LIVE TRULY WELL



Check us out at
www.tru.ca/wellness

Stress Warning Signs*:

Physical Symptoms:

- Headaches
- Indigestion
- Sleep problems
- Dizziness
- Back, neck or shoulder pain
- Racing heart
- Fatigue

Behavioural Symptoms:

- Excessive smoking
- Bossiness
- Grinding teeth
- Overuse of alcohol or drugs
- Compulsive eating
- Critical towards others
- Inability to get things done

Emotional symptoms:

- Crying
- Nervousness or anxiety
- Boredom
- Feeling powerless
- Edginess – ready to explode
- Anger
- Loneliness
- Getting upset easily

Cognitive Symptoms:

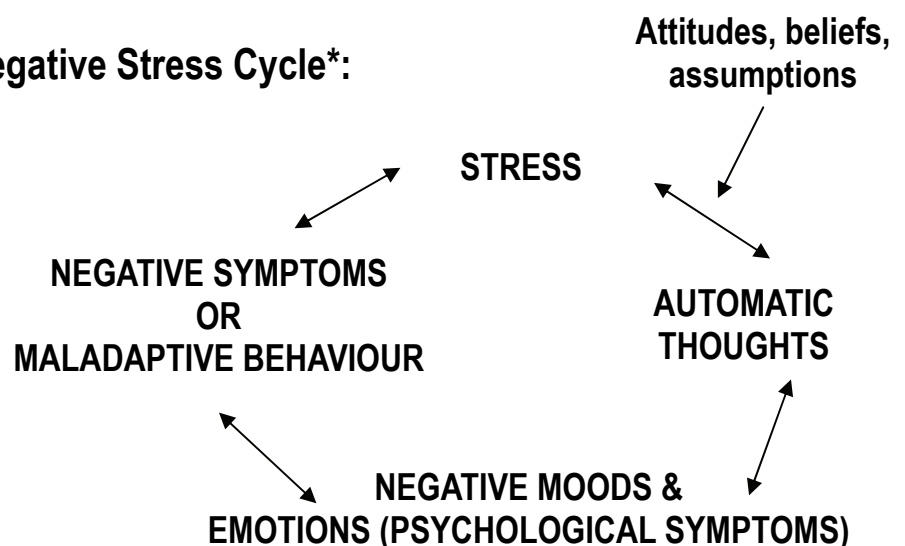
- Trouble thinking clearly
- Forgetfulness
- Lack of creativity
- Memory loss
- Constant worrying
- Inability to make decisions
- Loss of sense of humor

* From: Casey, A. & Benson, H. *Mind your heart: A mind/body approach to stress management, exercise, and nutrition for heart health.* Toronto: Free Press, 2004.

STRESS FACT:

Only you can change the way you react to and cope with stress...no one else can do it for you.

The Negative Stress Cycle*:



Stress Busters Week

FREE Hand Massages
Tues, Oct 23
&
Thurs, Oct 25
10am - 2pm
Student Street

First Come, First Served

FREE Relax Sacks
Wed, Oct 24
10-11:30am
Student Street

FREE Gambling
Information
Thurs, Oct 25
&
Fri, Oct 26
11:30am - 2pm
Student Street
FREE Prizes

FREE Health
Assessments
Tues, Oct 23
10:30am - 1:30pm
Student Street

SO\$ STATIONS (Stomp on Stress)
Tues, Wed, & Thurs Oct 23-25
10 am onward;
Student Street, IB, CAC
Games to help forget about stress!

How to cope with stress?

Unfortunately stress is a part of our day to day lives, so we can't eliminate it completely. The best we can do is learn to manage our stress more effectively...so how does one do this? The Canadian Heart and Stroke Foundation recommends a 12-step approach:

1. Give yourself a break: go for a walk or get a good night's sleep, be away from it all for a few hours.
2. Eat a healthy diet and avoid things like alcohol, caffeine, and tobacco.
3. Talk to someone about it – your friends or family.
4. Spend time with friends and family, doing something you enjoy!
5. Take a fun elective or one of the wellness activities offered by the TRU Wellness Centre (go to www.tru.ca/wellness for upcoming events)
6. Relax with a book or a movie or by listening to some music.
7. Exercise. Join The Pulse, go for a jog, dance, take a bike ride or organize a game of pickup hockey or basketball.
8. Set priorities and eliminate things that will unnecessarily cause you stress.
9. Schedule your time, get a day planner and keep track of everything, this way nothing can creep up on you.
10. Find alternative sources of satisfaction, like volunteering.
11. Increase your awareness of what causes you stress, and find information on how to develop new skills or ways to deal with it. A professional can help. On campus, visit the Counselling Department (OM 1651) or Campus Health Services (OM 1463).
12. Take Action! If someone or something is bothering you, address the person or situation that is causing you stress.



Quote of the month:

“Real happiness is when you are happy for no reason at all...you are simply being.”

-Deepak Chopra

Resources on campus if you are stressed:

Counselling Department:
828-5023

TRU Wellness Centre
828-5010
ccorsi@tru.ca

Health Services
828-5126

STRESS FACT:

Unmanaged stress contributes to heart disease, stroke, high blood pressure, and lowers your immunity making it hard to fight off infections!