UC Davis Campus Community Book Project (CCBP)

Campus Community Book Project featured books, 2002-2019
2020-2021 Book Project

• Theme: mental health
• Featuring graphic memoir *Marbles: Mania, Depression, Michelangelo, and Me* by Ellen Forney

• Author’s visit: Monday, March 1, 2021
• Learn more about and register for events:
  • Visit [ccbp.ucdavis.edu](http://ccbp.ucdavis.edu)
  • Get involved with the book project:
    • Email [ccbp@ucdavis.edu](mailto:ccbp@ucdavis.edu)
Understanding Your Stress and Ways to Manage It

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Academic and Staff Assistance Program
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Understanding Stress

- Stressor: An *internal* or *external* event or stimulus that induces stress.
- Stress: An *interaction* between the individual and the stressor.
- Stress is a fact of life, a universal condition, and therefore unavoidable.
- If we cannot eliminate stress, how can we come to terms with it?

(American Psychological Association)
Types of Stress

Primary Stress

- Stress from the environment
- Stress from relationships
- Stress arising from life changes (birth; death; changing jobs; moving; getting married or divorced)

Secondary Stress

- Compassion Fatigue
- Burnout
**Compassion Fatigue**

Related to empathizing with the emotions of others

- Chronic physical and emotional exhaustion
- Irritability
- Numbness
- Demonstrating apathy, lack of interest

**Burn Out**

Related to overall career satisfaction

- Irritability, Anger, Isolation, Hopelessness
- Fatigue, Sleep Disruptions, Weight Changes
- Cynicism and Detachment, Feeling inadequate or ineffective
- Lack of interest/motivation, Increased absences
- Develops over time, progressive loss of energy and goals
- Prolonged exposure to demanding environment
Symptoms of Stress

**BRAIN AND NERVES**
- Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

**SKIN**
- Acne and other skin problems

**MUSCLES AND JOINTS**
- Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

**HEART**
- Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

**STOMACH**
- Nausea, stomach pain, heartburn, weight gain

**PANCREAS**
- Increased risk of diabetes

**INTESTINES**
- Diarrhea, constipation and other digestive problems

**REPRODUCTIVE SYSTEM**
- For women—irregular or more painful periods, reduced sexual desire. For men—impotence, lower sperm production, reduced sexual desire

**IMMUNE SYSTEM**
- Lowered ability to fight or recover from illness
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<th><strong>Behavioral:</strong></th>
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<tr>
<td>• Insomnia/hypersomnia</td>
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<td>• Headaches, body aches</td>
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<td>• Lowered immunity</td>
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<td>• Stomach problems, loss of or increased appetite</td>
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<td>• Tearfulness</td>
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<td>• Decreased libido</td>
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<td>• Fatigue</td>
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<td>• Concentration difficulties</td>
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<td>• Decision making difficulties</td>
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<td>• Substance abuse</td>
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<th><strong>Work-Related:</strong></th>
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<td>• Competition</td>
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<td>• Conflict</td>
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<tr>
<td>• Decreased productivity</td>
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<tr>
<td>• Decreased concentration or the inability to focus</td>
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<td>• Decreased morale</td>
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<td>• Decreased trust</td>
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<tr>
<td>• Anger, hostility and aggression</td>
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<tr>
<td>• Withdrawal from co-workers, team members, and others</td>
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<td>• Fear of uncertainty, and the unknown</td>
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<th><strong>Emotional:</strong></th>
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<td>• Anger</td>
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<td>• Fear</td>
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<td>• Irritability</td>
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<td>• Agitation</td>
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<td>• Anxiety</td>
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<td>• Sadness</td>
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<td>• Bullying</td>
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<td>• Blame</td>
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<td>• Hopelessness</td>
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<td>• Helplessness</td>
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<td>• Depression</td>
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<td>• Numbness</td>
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<td>• Worry, panic</td>
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Stress Affects the Whole Self

Self Awareness

- Cognitive
- Interpersonal
- Behavioral
- Spiritual/meaning Making
- Emotional
- Physiological
Awareness

- Awareness of your personal history
- Awareness of your emotional triggers
- Awareness of your boundaries
- Awareness of your current needs
Identify Your Thinking Patterns

Jumping to Conclusions: Settling on a belief when there is little or no evidence to support it

All or Nothing Thinking: The tendency to see situations as all good or all bad

Personalization: The tendency to automatically blame yourself

Externalization: The tendency to automatically blame others

Catastrophizing: Worst case scenario thinking

Filtering out the Positive: The tendency to not see the positive side of a situation
Putting Things Into Perspective

- **Step 1:** Identify the actual event (source of stress)
- **Step 2:** List worst case scenario
- **Step 3:** List best case scenario
- **Step 4:** List most likely scenario
Antidote to Stress: Gratitude

Wire and fires new neural connections to the ‘bliss center

Gratitude and the brain

Fosters cognitive restructuring by evoking positive thinking

Reduces fear and anxiety by regulating the stress hormones

Enhances dopamine and serotonin – the neurotransmitters responsible for happiness
Self-Compassion

Self-compassion involves responding in the same supportive and understanding way you would with a good friend or a child when you have a difficult time, fail, or notice something you don’t like about yourself.

Many find it easy to have compassion for others but struggle in applying the same kindness to themselves. By taking moments throughout your day to pause and practice self-compassion you can make it more of a habit in your life.
What is Mindfulness?

- A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
Resources

Utilize mindfulness and self-compassion to increase self-awareness

Mindful.org
• Free research based articles with practical applications

Self-compassion.org, Dr. Kristin Neff
• Exercises, research based articles, self report inventory

Chrisgermer.com, Dr. Chris Germer
• Center for Mindful Self-Compassion
Academic & Staff Assistance Program (ASAP)

Academic & Staff Assistance Program (ASAP)
Free confidential counseling for UC Davis Faculty and Staff

Contact ASAP: Sharon Ree
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