



Coping with Stress

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A LITTLE ABOUT ME



“The greatest weapon against stress is our ability to choose one thought over the other.”

-William James

AFFIRMATIONS



I love myself for who I am.

I am relaxed and calm.

My tension is melting away.

I am letting go of all my worries and fears.

My mind is slowing down.

Today's Learning Objectives

01

- What is Stress?
- Types of Stress

02

- How Stress Affects our Minds & Bodies

03

- How to Cope with Stress





01

Stress

Stress



What is stress?

*a feeling of emotional or
physical tension*



Eustress

positive stress



Distress

negative stress

What Stress Does for Us



Eustress

- Motivates, focuses energy
- Is short term
- Is perceived as something we can cope with
- Feels exciting
- Improves performance

Distress

- Causes anxiety or concern
- Can be short or long -term
- Is perceived as something outside of our coping ability
- Feels unpleasant
- Decreases performance
- Can lead to mental/physical struggles



Stressors: *internal versus external*

Examples



Eustress

- Receiving a promotion or raise at work
- Starting a new job
- Marriage/Commitment
- Buying a home
- Having a child/children
- Vacations
- Holiday seasons
- Retirement
- Learning a new hobby

Distress



- Grief/Loss
- Disconnection from loved ones
- Injury/Illness (self/others)
- Abuse/Neglect
- Break-ups
- Interpersonal conflict
- Money problems
- Overscheduling
- Excessive job demand



02

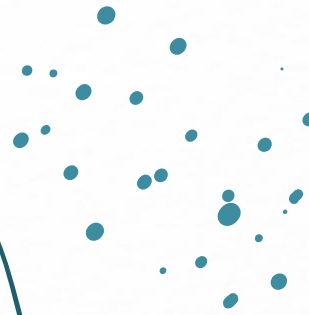
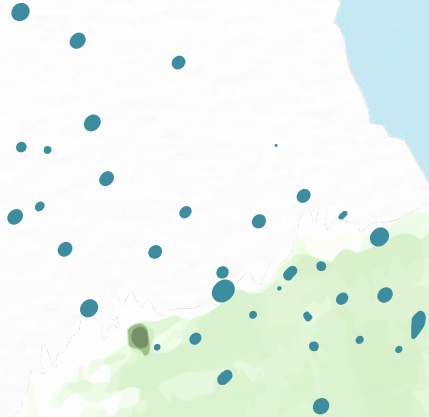
How Stress Affects
our Bodies and
Minds

How Stress Affects Us



03

How to Cope with Stress



Coping



What brings me joy?

ex/ spending time with family,
bike riding, being outdoors,
watching comedies on Netflix.

“Natural” Coping Skills

ex/ deep breathing, grounding
techniques, positive self-talk,
changing your environment.



What calms my mind/ body?

ex/ mindfulness, meditation,
yoga, exercise, spirituality.

New habits/ routines



What do I already do?

What do I need to make time
for?

Relaxation Exercise



Guided Imagery Script: Clouds

Set Self-Care Goals

Physical:

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

Psychological:

Activities that help you to feel clear headed and able to intellectually engage with the professional challenges that are found in your work and personal life.



Emotional:

Allowing yourself to safely experience your full range of emotions.

Professional:

This involves activities that help you to work consistently at the professional level expected of you.



THANK YOU!

Questions?

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