

Stress Management

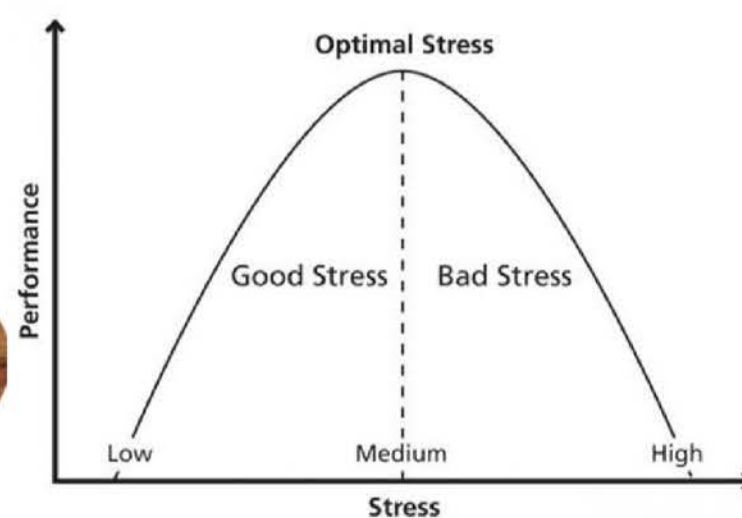


5 Reminders for Stressful Times



While occasional stress is unavoidable as we pursue a purposeful life, it can be tricky to know how best to support ourselves when our stress level pushes us out of our optimal coping zone.

The Yerkes-Dodson Law



Return to the Basics

1



- **SLEEP** more:
Go to bed early, take a nap, or simply rest.
- **MOVE** more:
Stretch, walk, jog, swim.
- **EAT** better:
Add in something healthy or cut back on something you don't need.

A little added effort in any of these areas can make a big difference.

Invite Relaxation

2



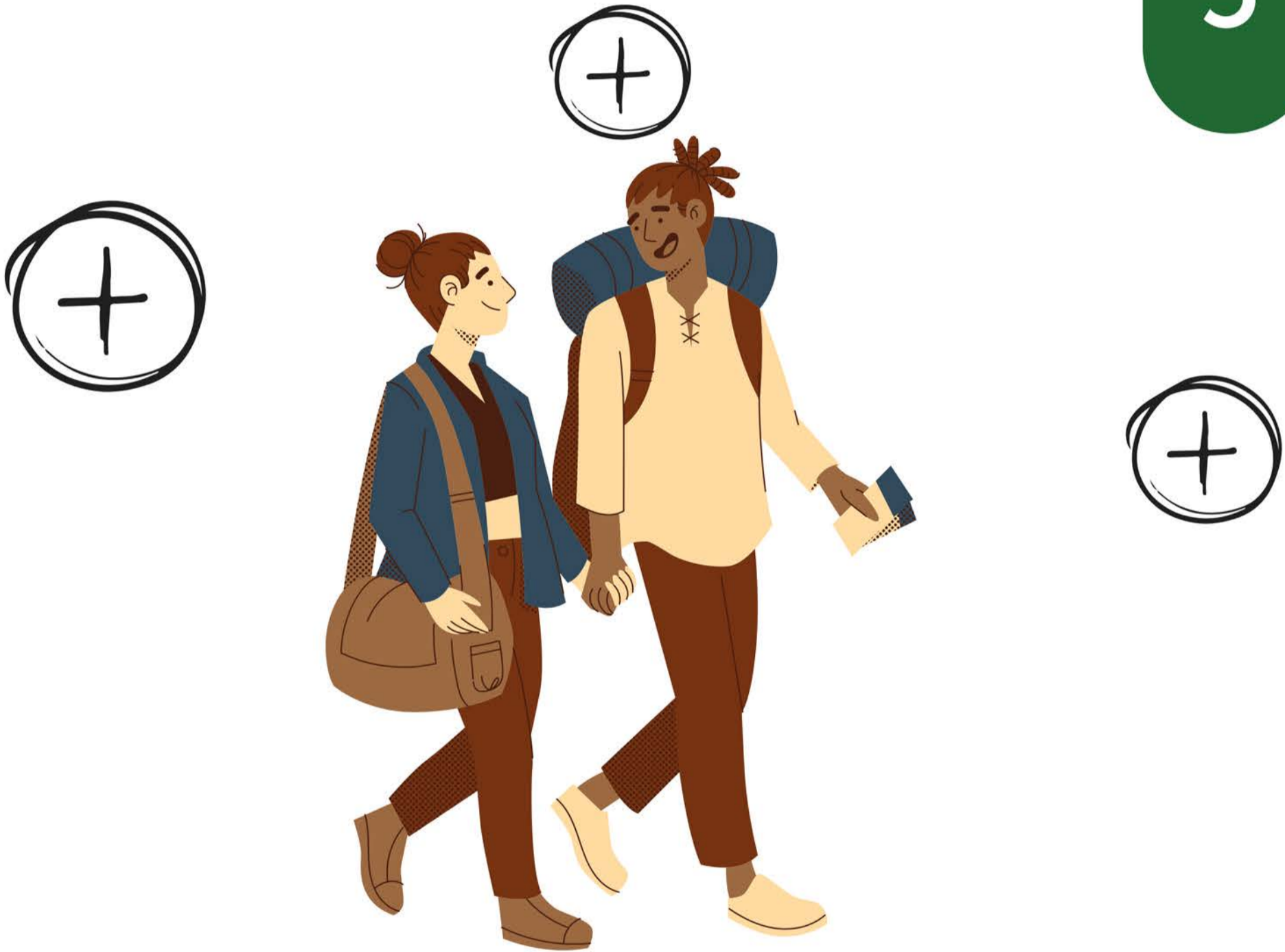
- Try a relaxation breathing technique.
- Follow a guided meditation.
- Engage in a progressive muscle relaxation.
- Listen to music.
- Step out into nature.
- Take a warm bath or shower and add a calming scent.

Want some other tips
or a quick guided
relaxation? Reach out
to Wellness@wmed.edu
and we'll make it
happen.

Dial down the physical consequences of stress.

Connect with Others

3

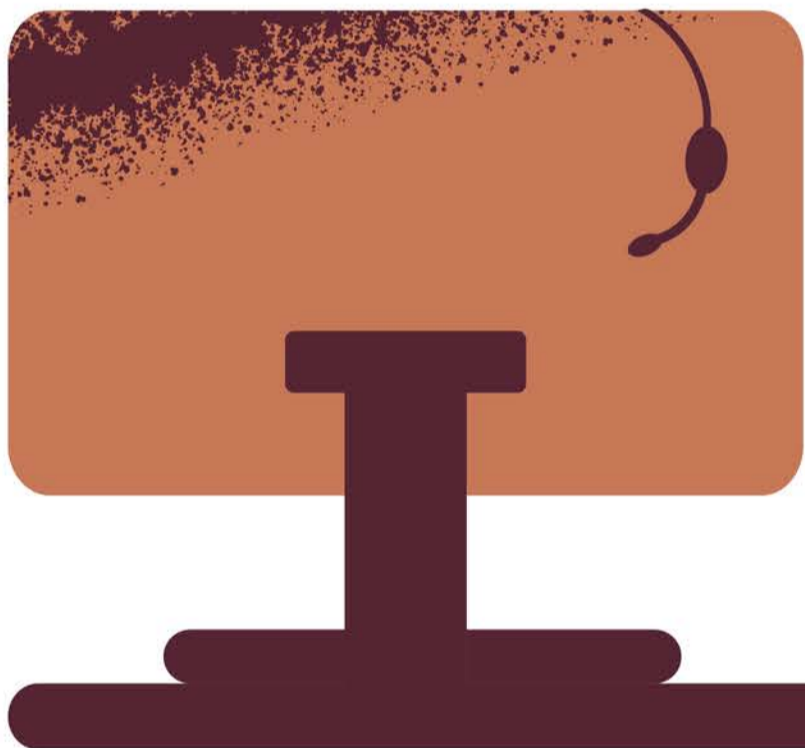


Pick up the phone or meet up with someone - venting and receiving support can help a lot.

Our bodies feel calmer when we feel connectedness with others.

Remember the Bigger Picture

4



Contemplating your values and beliefs can help reduce stress hormone responses and minimize unhelpful rumination. Engagement with what you enjoy can also reduce stress hormones and releases dopamine.

Seek a dose of inspiration and connect with what you value most.

Reach Out for Support

5



- Tutoring services: studentaffairs@wmed.edu
- Counseling support: [Student Portal](#)
- EAP resources: www.LifeAdvisor.com
- Employee relations support:
HRmail@wmed.edu
- Additional wellness/culture resources:
wellness@wmed.edu

We're here to help!
