

# Stress management

Marie Pettersson  
Student Health Care

# Student healthcare work with

- Counselling
  - Crisis support
  - Health promotion
  - Questions about health and lifestyle
  - Preventive work on alcohol, drugs and tobacco
- 
- Support for students with disabilities



Free of  
charge

All counselling is confidential, and you will talk to qualified personnel

No questions are too small, too big or wrong!

# Today 's agenda

What is stress?

Different reactions of stress

How to identify your stressors and your behavior?

Tips on stressreducing activities and techniques on how to get sustainable



# What is stress

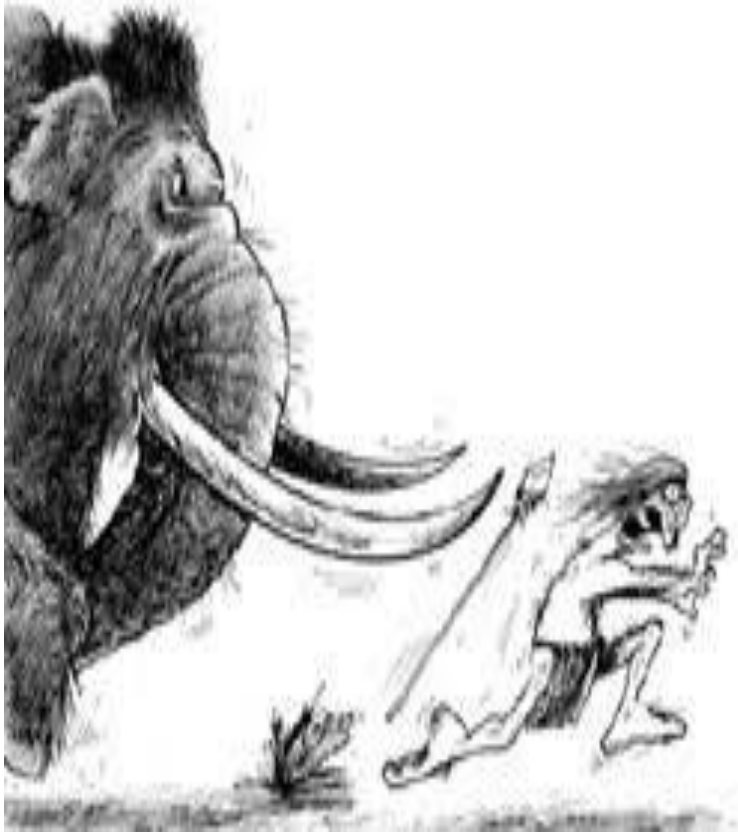
Stress is your body's way of responding to any kind of demand or threat...



...real or imagined



# Stress before





# Stress today



# Sympathetic nervous system

- Increases the heartbeat
- Breathe is fast and shallow
- Bloodpressure rises
- Muscles tighten
- Hormones as adrenalin and cortisol rouse the body for emergency action
- Expands your energy



Increases our chance to survive in short term

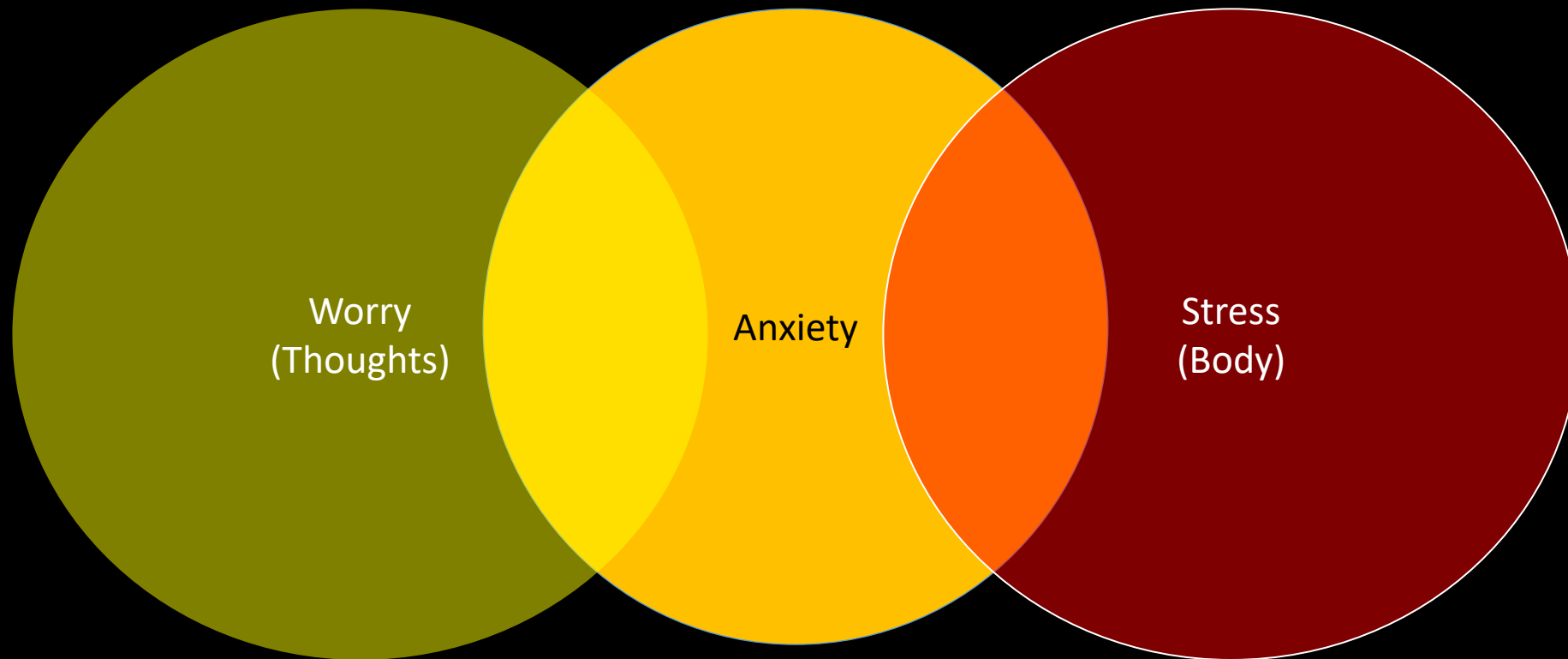


# Parasympathetic nervous system

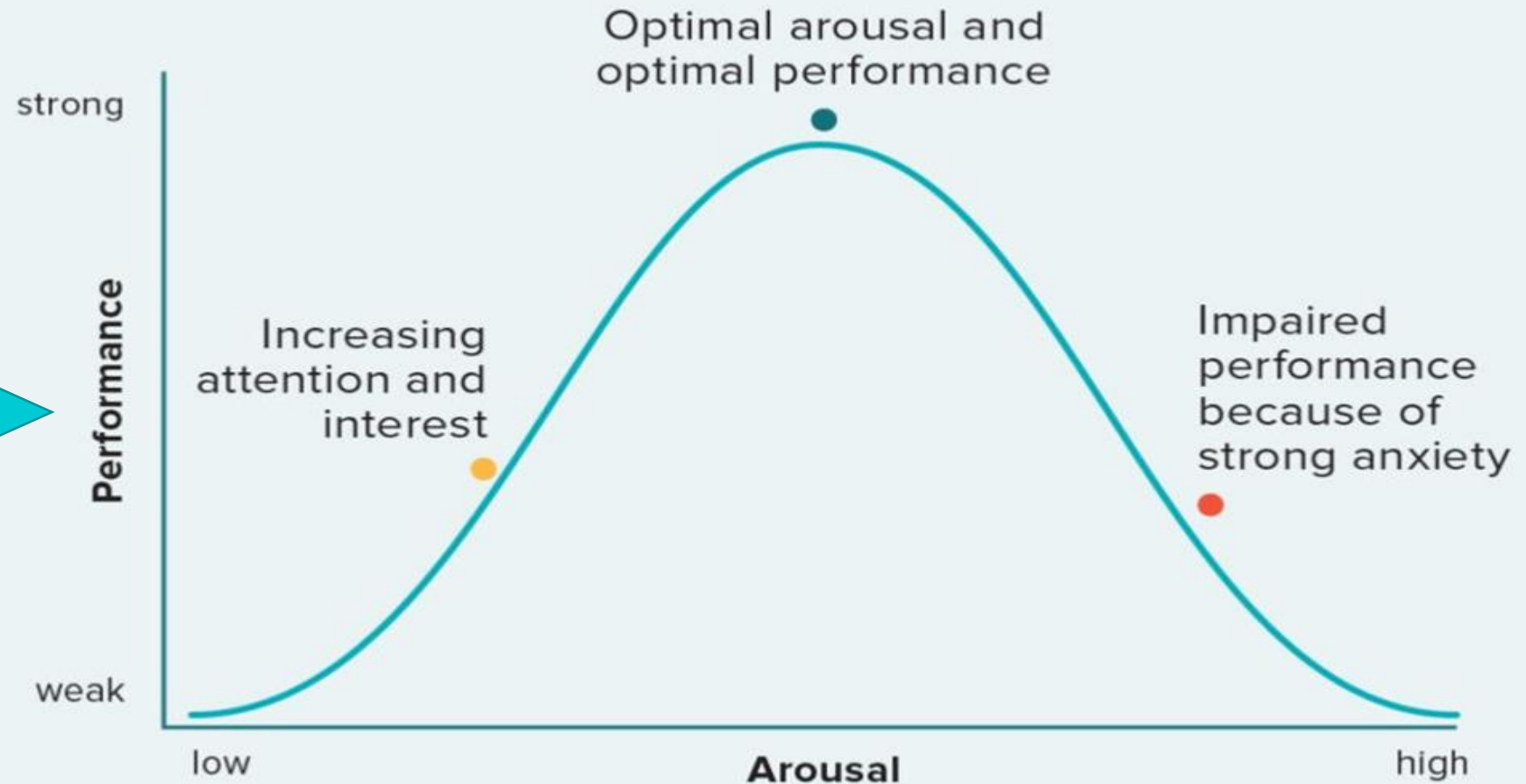
- Slow and calm heartbeats
- Breathe is full and slow
- Hormones of oxytocin, (lifting your mood and helping you to relax)
- Bloodpressure decreases
- Muscles relax
- Conserves your energy

Increases your chance to survive  
in long term





## YERKES-DODSON LAW BELL CURVE



Some stress  
is good

# Different reactions of stress

- Worrying
- Trouble sleeping
- Concentration difficulties
- Dizziness
- Emotional unstable
- Feelings of Fear, Anger, Shame
- Anxiety, Depression
- Isolation, Eating, Drinking
- Digestive problems
- Heart disease.....



# Which stressors do you have?

- pandemic
- school
- work
- relationship
- family/friends
- finance
- health/illness
- living situation
- climate changes
- social media





# How to identify your stress and your behaviour?

How do I know that I´m stressed?

What is causing me stress?

What can I do about it?

?

?



# How to reduce stress and anxiety

- Eat a balanced healthy diet
- Limiting caffeine, alcohol and sugar consumption
- Getting enough sleep
- Exercise
- Scheduling time for hobbies/relations
- Talk to a friend/social relations
- Mindfulness/meditation
- Practicing deep breathing
- Self compassion
- Enjoy the nature
- Recognizing the factors that trigger stress
- Talk to a professional

# Why the Brain is Built for Movement

[youtube.com/watch?v=a9p3Z7L0f0U](https://youtube.com/watch?v=a9p3Z7L0f0U)

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Anders Hansen Psychiatrist

# Create balance

Stress belongs to life – learn to cope



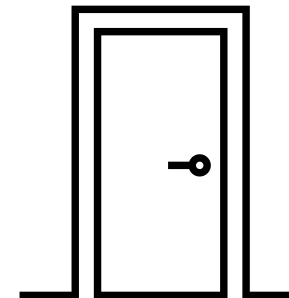
”8 hour rule”

8 h Sleep – 8 h Studies – 8h Free time

## 2 different Breathing practices:

Focus on you exhale more than your inhale. Breath out twice as long as you inhales!

Square breathing



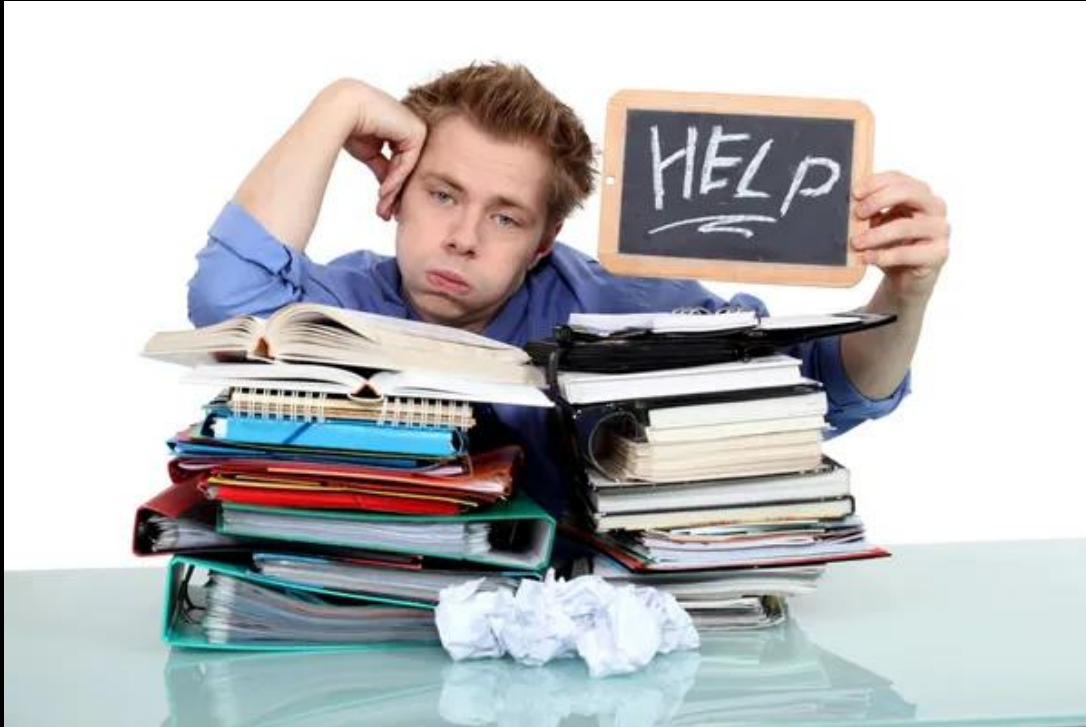


# More stressreducing tips...

- Break job/tasks into manageable parts
- Set reasonable/realistic goals
- Avoid comparing yourself with others
- Set boundaries – learn to say no
- Schedule "me" time/freetime/studytime
- Avoid "have to"/ "must do"
- Changing perceptions and expectations
- Be aware of your multitasking (mobilephone)



# Avoid procrastination!



- 1. Write down everything you need to do.
- 2. Prioritize 1-3 things
- 3. Do it now! (don't wait for the feeling)



Mind Full, or Mindful?

# Workshops

- Cultural adjustments
- Mindfulness



Thanks for listening

[www.student.liu.se/studenthalsan](http://www.student.liu.se/studenthalsan)

Marie. Pettersson@liu.se



# References:

Helpguide.org

Calmclinic.com

Getselfhelp.co.uk

Mindful.org