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.

![Diagram of the Yerkes-Dodson Law](image)
Return to the Basics

- 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

- 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.

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.
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

- 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!