

National Student Speech Language & Hearing Assn.* 3/29/04

Kim Kiss

Anxiety management

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Questions or desires for more info, please e-mail I have LOTS more information!

CAMPUS RESOURCES

www.uhs.wisc.edu

massage

workshops: on relaxation, meditation, grad's self-esteem support group, eating concerns, dissertation, assertiveness/self-defense, counseling and consultation, nutritionist, stress management specialist (or relaxation guy) who has lots of resources

Campus women's Center

4th Floor Memorial Union

cwc@studentorg.wisc.edu

**Natatorium, SERF, etc have many workout classes....aerobic, yoga, tai chi, kickboxing, my favorite cheep tennis and tennis lessons!

The Wisconsin Union

<http://www.union.wisc.edu/>

• Hoofers

• Mini Courses

• Morgridge Center for Public Service

• Theater

more...

Student organization office

<http://soo.studentorg.wisc.edu/>

Clubs of any sort, running, religious, etc.

Graduate Student Council

<http://info.gradsch.wisc.edu/gsc/>

Purpose: GSC acts as a resource, a voice and a link for graduate students within the Graduate School. We offer social and professional programming to help students prepare for life after graduate school, and aim to bring students together socially outside of their departments.

Events: The Forum; Graduate Student Mentor Awards; Happy Hour; Fall Retreat; Vilas Travel Grants

UW Athletics, recreational sports

<http://www.wisc.edu/wiscinfo/athletics/>

Including intramurals & Wisconsin Hoofers info

Info for UW-Students on services, etc.

<http://www.wisc.edu/wiscinfo/student/>

Lots of mini classes such as yoga, meditation, and dancing (REAL cheap) though memorial union or the community MSCR (Madison Schools And County Recreation). Courtney's Kundalini Yoga is by far one of the best stress relievers.

<http://www.madison.k12.wi.us/mscr/>

Lots of other community places!!!

Writing center and libraries have lots of support sessions.

<http://www.library.wisc.edu/>

<http://www.wisc.edu/writing/>

GENERAL GRAD RESOURCES

<http://www.gradresources.org/>

articles topics such as: financial pressures, emotional fatigue: coping with academic pressure, prof/grad relationships: maximizing the mentoring potential, time management, how can I tell what I'm feeling is a clinical depression, building peer relationships, lists other websites. Has Graduate School Hotline and mentors

<http://www.sdc.uwo.ca/learning/gradwww.html>

List of websites for graduate students

http://www.uhs.wisc.edu/home.jsp?cat_id=36

UW Madison Counselling (and massage) info

<http://www.andrew.cmu.edu/~dmirman/gradschoolhell/schoolishell.html>

Matt Groening Grad school humor

How to bring more mindfulness into your life

http://dukehealth1.org/int_med/lifestyle.asp

More grad humor sites:

<http://gradschool.about.com/cs/gradstudenthumor/>

<http://www.geocities.com/CollegePark/6174/h--colle.html>

<http://chat.carleton.ca/~jnoakes/grad.html>

http://www.geocities.com/CollegePark/6174/grad_rap.htm

<http://www.humorbin.com/showcat.asp?cat=17>

<http://www.communitypsychology.net/humor/>

<http://tarkus.pha.jhu.edu/~thakar/humor/humor.html>

<http://www.psy.pdx.edu/PsiCafe/Just4Fun/Jokes/>

Relaxation Tips from Rob Sepich:

- Accentuate the positive. It's fine to acknowledge your doubts, but keep an image of success front stage and center. This focus can help bring out your best when you need it most.
- Practice the relaxation response
- Sleep. Ideally, get around eight hours a night. Realistically, however, four to five hours are far better than pulling an all-nighter.
- Step outside. Soak in a few minutes of Madison to clear your mind. Whether you notice a bird song in the day or count stars at night, this diversion could help give you a needed study break.
- Stretch. Periodically stretching helps release physical tension that can lead to headaches and interfere with learning.
- Eat well. You need energy to excel. Remember the key words of "balance, variety, and moderation," and you will use food for optimal health.
- Take control when possible (it's a major factor in stress research findings).
- Relinquish control when it is not.
- Change our attitudes (it's not what's out there as much as what's in here).
- Get support (from a friend or professional)
- Exercise (even briefly, but try to accumulate 30 minutes a day)
- Humor (it's hard to be stressed out while laughing).
- Keep your expectations realistic.
- Relax where you are, even briefly (phone ringing, waiting in line, traffic)
- Keep your focus on the present.

Source: Joan Borysenko's *Minding the body, mending the mind*.

1. You cannot control the external circumstances of your life, but you can control your reactions to them.
 - a. Reframe the situation as a challenge rather than a threat. Remember adversity is the crucible in which the spirit is forged and acknowledge your own inner strength even as you face uncertainty/doubt.
 - b. Your breath is always with you, serving as the key to self-awareness and remembrance of your choices. The frequent use of mini-relaxation responses throughout the day helps to reinforce the sense of control and choice. (simple abdominal breathing exercises, shoulder rolling, etc).
2. Your beliefs are incredibly powerful.
 - a. Listen to what your mind tells you throughout the day. See what beliefs you hold and how strongly they can influence your perception of the world and your health. Stay conscious of yourself.
3. The only escape from stress, fear, and doubt is to confront them directly and see them for what they are.
 - a. Attempts to hide from stress can only have brief apparent effectiveness.

- b. Fears that are faced, even if the act is difficult, lead to transformation of attitudes, leaving you with an increased sense of self-worth, control, and inner strength. Don't be afraid to ask for help.
- 4. Emotions fall into two broad categories, fear and love.
 - a. The fear category is associated with defense of the body-muscle tension, rapid hear beat, and a sense of holding tight. The love category is associated with openness and a sense of letting go and relaxation.
 - b. Remember to pay attention to what state your body is in—then check your state of mind. Learning to let go is central to reducing stress and going beyond stress to peace of mind.
- 5. Be patient. Patience means mindful awareness.
 - a. The usual understanding of patience is really impatience pushed to the breaking point.
 - b. Patience is actually mindful attention to life—letting go of the expectations that pull the mind into the past or the future—so that you can remain in the moment without judging or blaming.
 - c. When you feel impatient, notice it and take a breath of letting go, coming back to the central point of the observer.
 - d. Practice mindfulness. Each day remember to do some activity with full attention. This trains your capacity to be mindful in every circumstance.
- 6. Accept yourself as you are.
 - a. This allows you to stop judging yourself negatively, which invariably brings forth feelings of blame, shame, guilt, or fear and escalates the cycle of anxiety and tension.

24 Positive Coping Strategies for Stress

Physical and Lifestyle

1. Abdominal breathing and relaxation
2. Low-stress diet
3. Regular exercise
4. Downtime
5. Mini-breaks throughout the day
6. Time Management
7. Sleep Hygiene
8. Choosing a nontoxic environment
9. Material security

Emotional Strategies

10. Social support and relatedness
11. Self-nurturing
12. Good communication
13. Assertiveness
14. Recreational activities
15. Emotional release
16. Sense of humor--ability to see things in perspective

Cognitive Strategies

17. Constructive thinking--ability to counter negative thinking
18. Distraction--ability to distract yourself from negative preoccupations
19. Task-oriented (vs. reactive) approach to problems
20. Acceptance (ability to accept/cope with setbacks)
21. Tolerance for ambiguity--ability to see shades of gray

Philosophical/Spiritual Strategies

22. Consistent goals or purposes to work towards
23. Positive philosophy of life
24. Religious/spiritual

People who have said it better than me. . .

Quotes from Dale Carnegie's book *How to Stop worrying and start living*:

Live in day tight compartments.

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.

Have iron doors shutting out yesterdays and tomorrows.

Prepare for tomorrow by concentrating all intelligence and enthusiasm on doing work today.

Magic Formula for Solving worry situations—

- 1) Analyze the situation fearlessly and honestly and figure out what is the worst that could possibly happen as a result.
- 2) Reconcile yourself to accepting it if necessary.
- 3) From that time on, calmly devote time and energy to trying to improve upon the worst of what you accepted mentally.

True peace of mind comes from accepting the worst. Psychologically it means--release of energy.

- 1 Get the Facts
- 2 Analyze the facts
- 3 Arrive at a decision-and then act on the decision

Think

- 1 What am I worrying about?
- 2 What can I do about it?

When moments of uneasiness try to creep in, change your focus.

Make thoughts work for you not against you.

Find yourself and be yourself: Remember there is no one else quite like you.

What lesson can I learn from this misfortune? How can I improve my situation? How can I turn this lemon into lemonade?

Tension is a habit. Relaxing is a habit. And bad habits can be broken, good habits formed.

Remember, today is the tomorrow you worried about yesterday.

90% of things we worry about never happen.

Other quotes:

We may look at other people and think that they are more confident than us, but that is not always the case, confidence exists on different levels. Some people are very confident in some situations and not so confident in others.

It is possible to master these problems, no matter how powerful they may seem--for the power they have over us is the power we, ourselves give them.

Character cannot be developed through ease and quiet. Only through trial and suffering can the soul be strengthened, ambition inspired and success achieved.

Accept that you have certain feelings and thoughts. Don't try to suppress them. But just deflect them away by focusing your attention on something else. (Rob Sepich)

We are more than our thoughts.

Think positive thoughts throughout the day.

Life must be lived as play. –Plato

You must be the change you wish to see in the world. –Gandhi

We can't do great things in this life...we can only do small things with great love.
--Mother Theresa

Have patience. All things are difficult before they become easy. –Saadi

People do not quit playing because they grow old. They grow old because they quit playing. –Oliver Wendell Holmes

Trust that still, small voice that says. "This might work and I'll try it."

The trouble with the rat race is that even if you win, you're still a rat. –Lily Tomlin

Troubles are only mental; it is the mind that manufactures them, and the mind can forgive them, banish them, forget them. –Mark Twain

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change. –Charles Darwin

Learn from the mistakes of others. You can't live long enough to make them all yourself.
–Eleanor Roosevelt