

Live Well Be Well

Title:

Let's Talk Stress & Coping!

Introduction

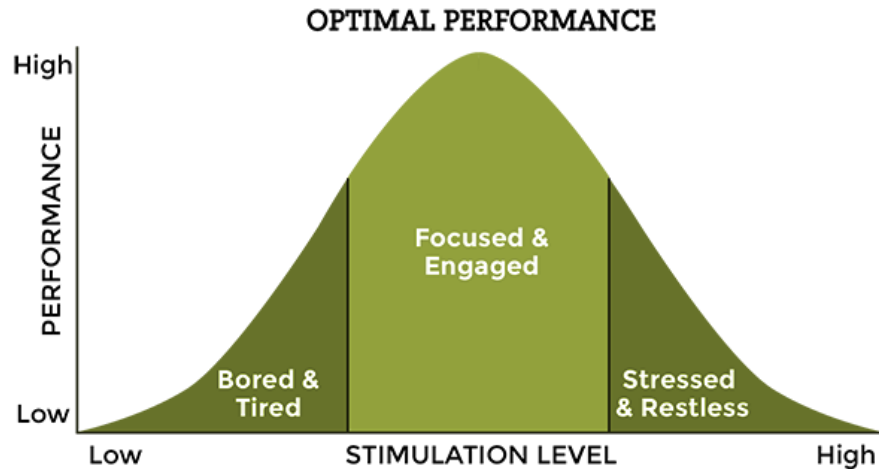
Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Brandon, I'm Katlyn, and I'm Rachel, and we're Well-Being Peer Educators at UC San Diego.

On this episode of Live Well Be Well, we'll be discussing what stress is and as college, students how we manage it.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

- What stress is?
 - Definition: A feeling of emotional or physical tension, it can come from any event or thought that makes you feel frustrated, angry, or nervous.
 - Stress is natural, specifically a fight or flight response
 - It is helping to keep us safe by preparing the body for action during a stressful or potentially dangerous situation
- Data
 - 39% of UCSD students reported stress to be a factor affecting their individual performance
 - More than 90% of students experience at least an average amount of stress at UCSD
- Not all stress is bad! (Kate)

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- Eustress
 - “Good stress”
 - Deadlines
- Distress
 - “Bad stress”
 - Mentally and psychological shutdown
 - Affects physical and emotional health as well as academic performance in a negative way
- **Levels of each can vary between people**
- Common stressors
 - Academics, career-related problems, family issues, finances, health concerns, friendships/relationships
- How to manage stress
 - Physical activity (Brandon)
 - Helps get your mind off things
 - Feel great afterwards and more motivation
 - Helps to get better sleep
 - Time to get away from responsibilities (Kate)
 - Self-care incorporated into my schedule for mental health such as meditating
 - Have conversations with my family and friends
 - Comfort foods (Rachel)
 - Granola bars
 - Avoid working when eating → associate food with relaxation
- General ways to manage stress
 - Cognitive actions: change of perception/thinking patterns
 - Behavioral actions: sleep/eating habits, social support
- Resources (Kate)
 - On-Campus Resources

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- Health Promotion Services
 - Google Search "UCSD Tips for Stress Management" for different strategies and techniques to best help you!
- Counseling and Psychological Services
 - Call (858)534-3375 for individual appointment with a counselor
 - Group, Workshops, and Community Forums on UCSD CAPS Event Calender
- WPE's workshop: Stress Management and Coping with Cortisol
 - 03/04 Thursday 12:00PM Zoom link found on our social media
- Check out our instagrams @ucsdhps and @ucsdwpe to stay updated with all our events and resources we offer!

Closing

So that concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come! Be sure to follow us on Instagram and Facebook under @UCSDWPE. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.