

# SMU WellFacts

## Stress Management



### What's Your Stress Level?

#### Eustress

As stress rises so does productivity. This where a positive response to stress is experienced where an individual can push themselves to perform without feeling overwhelmed.

**Good Stress**

#### Calm

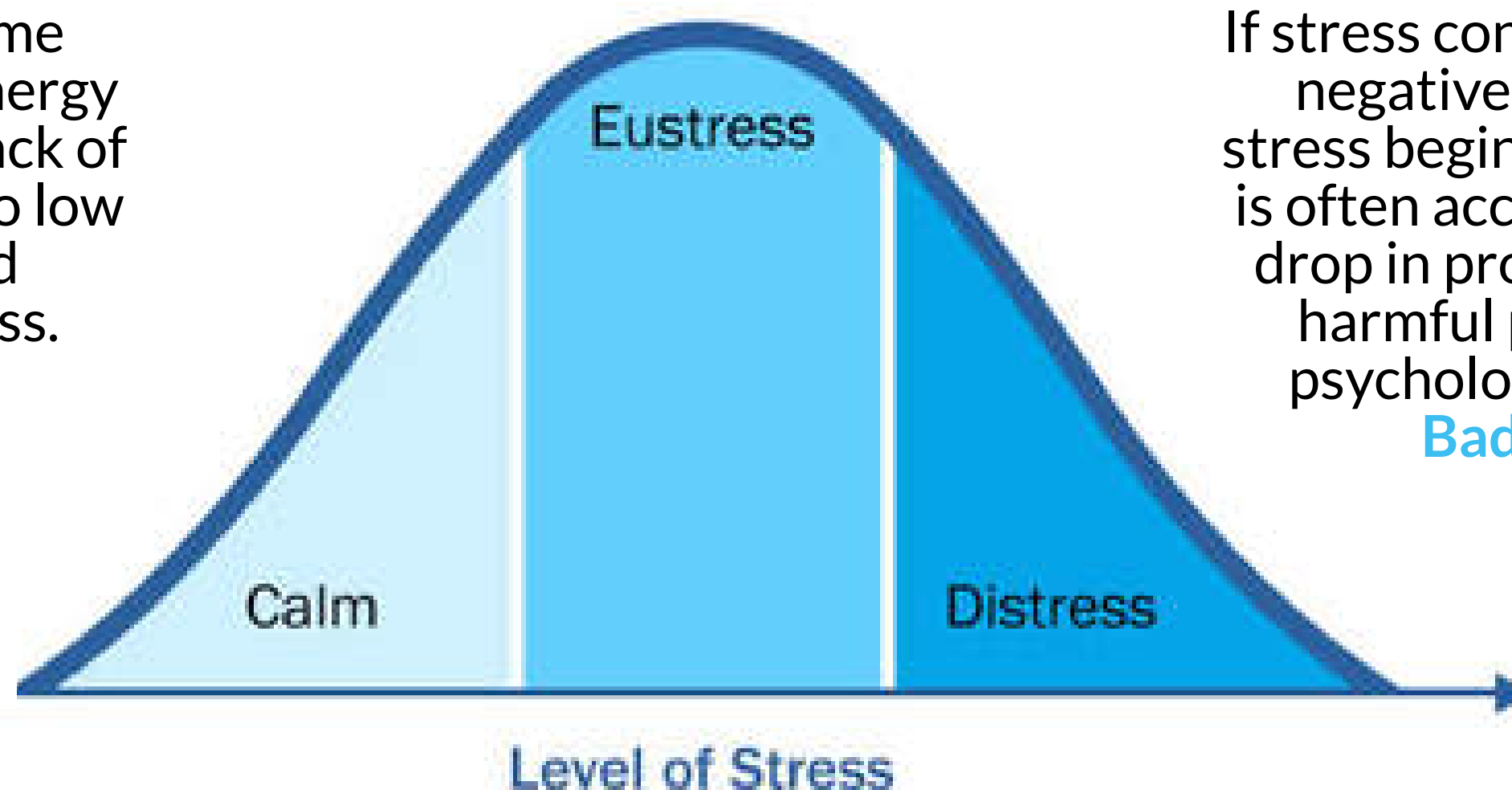
A feeling of extreme relaxation where energy is replenished. the lack of challenge can lead to low productivity and sometimes laziness.

**No Stress**

#### Distress

If stress continues to rise a negative response to stress begins to occur. This is often accompanied by a drop in productivity and harmful physical and psychological effects.

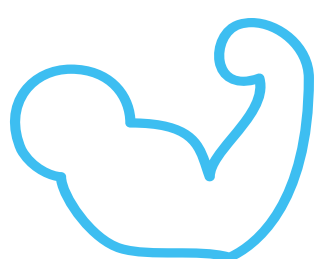
**Bad Stress**



#### KEY:

If you feel you are in a state of distress take the steps necessary to move back down to Eustress or even Relaxation

### The Stress Response



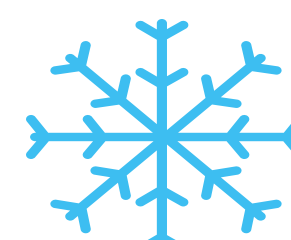
#### Fight

- Tense Muscles
- Intense Thinking
- Anger



#### Flight

- Rapid Breathing
- Fear
- Increased Heart Rate



#### Freeze

- Immobility
- Hopelessness
- Tired or Fatigued

## Do

- Take deep breaths
- Go for a walk or exercise
- Perform a quick meditation or breathing exercise
- Think of something funny
- Listen to relaxing music
- Hug someone
- Pet your dog or cat
- Count to 10 before responding
- Drink water

## Don't

- Eat excessively to calm down
- Eat and speak very quickly
- Drink alcohol
- Smoke
- Procrastinate
- Under or over sleep
- Multitask

## Mindfulness Basics

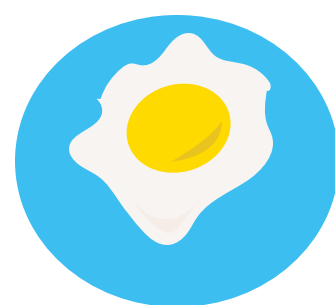


## Practice

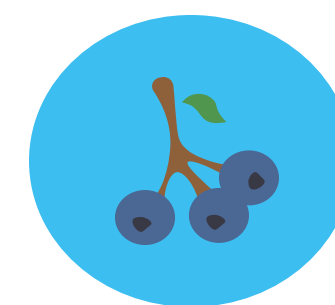
### Mindful Breathing

1. Sit up straight
2. Quickly exhale, releasing all the air in your lungs
3. Inhale through your nose for 4 seconds
4. Hold for 7 seconds
5. Exhale through your mouth for 8 seconds
6. Repeat 3-5 times

## Top 6 Foods to Eat When Stressed



Eggs



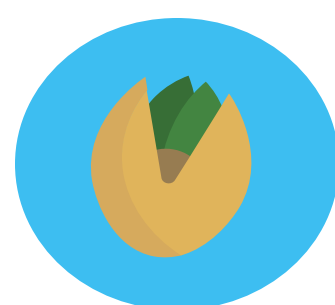
Berries



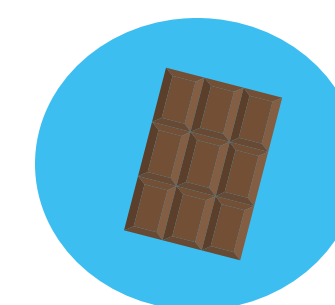
Dark, Leafy Greens



Salmon



Seeds and Nuts



Dark Chocolate

**AVOID:** Caffeine, alcohol, high sugar treats

Presented by:

# Office for Community Health Promotion

### SMU Resources

Counseling Services  
214-768-2277  
Caring Community Connections  
214-768-4564  
University Advising Center  
214-768-2291

Dr. Bob Smith Health Center  
6211 Bishop Boulevard  
Dallas, TX 75205  
214-768-2393 | healthed@smu.edu



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