

# Stress/Anxiety Tolerance Strategies

*The times we are currently living can be difficult for many reasons. As such it is super important to take care of yourself as much as possible. Here are some coping strategies for wherever you are!*

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://wa-health.kaiserpermanente.org/pandemic-stress-anxiety-management/>

## **Sharing and Discussing Feelings:**

You are not alone. In fact feeling stress or anxiety during these times is completely normal and ok. Talking to others about your feelings – whether it be friends, family, or healthcare professionals – is a fantastic thing to do.

## **Connection:**

Stay in touch with friends and family! We are all going through this, so having a support system to talk with will help tremendously. You can stay in touch with friends through zoom calls, Netflix parties, or even a good old-fashioned phone call. If you're with friends or family, spend time together – maybe playing board games, cooking, or just hanging out.

## **Self-Care:**

Feeling burnt out or unproductive? That is completely ok to feel! Allow yourself the time and space you need during these times. Eating right, getting enough sleep, and establishing a routine can go a long way. Monitor the amount of news you take in and do the things you need to process. This is also great time to try those new hobbies you never had time for!

## **Exercise:**

From home? Yes! Here are some ideas for exercises you can do from home:

[https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=zx3487&\\_ga=2.137411189.491603716.1586493826-868901324.1586493826](https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=zx3487&_ga=2.137411189.491603716.1586493826-868901324.1586493826)

Also, getting outside can be extremely beneficial for the mind and body! If possible go for a walk or jog.

## **Deep Breathing:**

A few deep breaths can go a long way to helping slow things down, reset the body, and calm the mind. Unsure how? Instagram is here to help:

<https://www.instagram.com/p/B-kswleDtLI/?igshid=1hn3itb30dkde>

## **Gratitude/Silver Linings:**

It can be hard to find many positives in these times. Think of things you are grateful for each day, maybe even share them with others!

**Mental Health Professionals**

While they may not be available in-person, many are moving to telehealth. This is a fantastic way to still access this support network. Check with your local provider to see what they are doing.

*Things are not easy right now, but together we will get through them. Stay positive, safe, and 'sco CMC.*

**Resources:**

<a href="#"><u>ARC Online Support Group for College Students</u></a>	\$15 per session			<b>Finding a therapist</b>
<b>Chill Series with Jordan Hamilton. First one is next week...look out for more!</b>	“Connecting in a virtual world” / April 6th from 12:45-1:45pm PDT	<a href="http://Tinyurl.com/cmcchill"><u>Tinyurl.com/cmcchill</u></a>		<a href="#"><u>If you would like Monsour’s assistance in finding a local psychiatrist or therapist, you may fill out this form</u></a>
<a href="#"><u>Students with SHIP (Aetna) medical insurance can also access tele-medicine appointments, including behavioral health appointments, here</u></a>				<a href="#"><u>Jess Neilson from DOS is also happy to help you find a provider! You can email her at <a href="mailto:jneilson@cmc.edu"><u>jneilson@cmc.edu</u></a> and/or fill out this form to receive her help</u></a>
Monday morning meditations, every Monday from 8:15-8:45am PDT		<a href="http://Tinyurl.com/cmcchill"><u>Tinyurl.com/cmcchill</u></a>		
<a href="#"><u>Book a virtual appointment with a success consultant!</u></a>				
<a href="#"><u>Humm.ly is a meditation app which is free for all CMC students!</u></a>				

## Mental Health Resources

### Campus Health

- FREE 24/7 On-Demand medical care
  - Connect via video with a therapist during a time of need or for a check-in!
- Option to connect with a physician who may provide you with a refill on medication

### How therapy works

- Before starting a session with a therapist, you can see their profile to see their therapy modalities and background. Sometimes only one therapist is online, but other times multiple are on, so you can use this information to decide which therapist works best for you
- You may leave your phone number in order to do a follow-up
- You have the option of adding members to join (good for family therapy sessions!)
- Remember to use the code **CMC2020** in order to get the free therapy session
- Format: wait time (if applicable), 30-minute consultation, therapy session

If you would like to provide feedback on [campus.health](#) you may fill out [this survey](#)

### Monsour Updates

- See [Monsour's website](#) for more information on the following updates
- Open 9am-1pm M-F, available for urgent matters
  - 24/7 on-call therapist is still available (909.621.8202, press 1)
- If you saw a therapist at Monsour, you can reach out to them to aid you in finding a new therapist
- Students who saw a psychiatrist at Monsour may contact them (909-621-8202) in order to request refills. However, they strongly recommend that students connect with a local clinician. Please reach out to Monsour to schedule appointments.

