

LET'S TALK STRESS

EUSTRESS

- Positive stress that motivates and enhances performance
- It can lead to increased energy, focus, and resilience

People can experience eustress when they feel confident in their ability to solve a problem or cope with a situation. For example, they may feel stressed about an exam but know that they have prepared enough to be able to do it. Afterward, they might feel a sense of accomplishment or pride.

For example:
Rammy riding a roller coaster!



DISTRESS

Negative stress that can cause anxiety, feeling overwhelmed, and lead to health problems

- It can lead to fatigue, irritability, and decreased productivity.
- Distress can occur when a person feels unable to cope or out of control. For example, if a person has not studied for a forthcoming exam, they may feel anxious or panicked.

For example:
Rammy getting a bad grade.



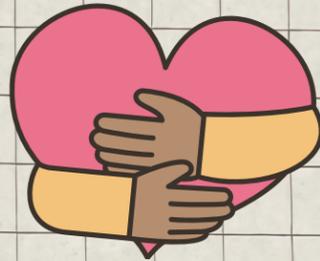
Ways to Cope with Stress:

- practice meditation or deep breathing
- go outside and take a walk to clear your head
- connect with friends or family

MENTAL HEALTH

IfYou'reReadingThis.org (IYRT) is a mental health platform with a student organization chapter on campus that empowers students to build and tap into their support networks by amplifying the faces and stories of our community. IYRT strives to help students feel comfortable talking about their mental health by identifying the people who want to listen and by showing love and understanding. IYRT fosters connections around mental health, support, and empathy and uses student-written letters to give the opportunity to share the responsibility of being vulnerable, closing the gap between students with mental health challenges and people that care about them.

If you're reading this, you have a community that wants to see you thrive. Scan the QR code to read Nicki A. from WCU's letter.



RETHINK YOUR DRINK

Have you heard of being sober curious? Being sober curious focuses on a more mindful approach to alcohol consumption and encourages people to examine how much, when, and why they drink alcohol. It's all about asking yourself if you really want that next drink, instead of just doing it because it's expected. There's no pressure and no rules.

People who try it often notice changes, such as:

More Energy



Better Sleep



Clearer Minds



In a social capacity, it can be freeing too! It can allow you to connect with friends in different ways than before. So next time you reach for a drink, pause and ask yourself: do I want a drink right now? Consider trying mocktails, soda, activities that don't involve alcohol, or sharing your choice with friends.

SELF-CARE TIPS

BEING OUTDOORS

Spending time outdoors doing any activity is proven to positively affect your mental health. 10-20 minutes daily is where there is the highest spike for the effects. This is a great habit to put in place that is not time-consuming with an immediate effect.



INTENTIONAL MOVEMENT

Research indicates even short bursts of intentional movement release chemicals in your brain such as endorphins which boost your mood, serotonin, which improves your mood and decreases stress, and dopamine which gives you a sense of accomplishment. Using intentional movement as a tool when needed will have immediate effects on your mood.

RELATIONSHIPS

Positive relationships with family, friends, and romantic partners can contribute to a greater sense of happiness, improved physical health, and enhanced quality of life. Studies also show that having positive social connections supports mental well-being.

BALANCE

Studies reveal that having a good balance between home life and work/school life lowers anxiety and depression. Setting manageable goals, taking breaks, setting boundaries, and being efficient with your time are proven to positively affect your mood.

Rammy Riddler

What has 13 hearts but no other organs?



SCAN ME



FEELING STUCK

Have you been feeling stuck? Feeling stagnated could be because of a few reasons, such as too much stress, a big life-changing decision, or experiencing burnout. Here's how to get back on track.

Be proactive in your life: Take initiative and take action.

The best way to know where you're going is to take the wheel and be the one in the driver's seat. When you start proactively thinking about what you want out of each day, you can regain control and improve the necessary areas in your life.

Create goals: Try using SMART goals to ensure your goals are specific, measurable, achievable, realistic, and timely. Creating SMART goals increases your chances of achieving them and can improve your mental health and well-being.

Change things up a bit: Routine helps us stay organized and keeps anxiety at bay, but being inflexible in your routine can feel limiting. Challenge yourself by shaking up at least 3 things every day. Take a different route to work, get coffee from a different shop, or simply don't use your phone until you're ready for the day.



Wellness Promotion
Commonwealth Hall,
Ground Floor
610-436-0730
www.wcupa.edu/wellness
wellness@wcupa.edu

Follow Us:

@WCUWellnessPromotion

WCUWellness

WCUWellnessPromotion

Scan the QR code for resources!

