

Inclusive Graduate Education Network - IGEN

Balancing Wellness Work, Life and Academics

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UCF

A little bit about Counseling and Psychological Services (CAPS)

<https://youtu.be/4qCmeflhPlc>



UCF

Stress

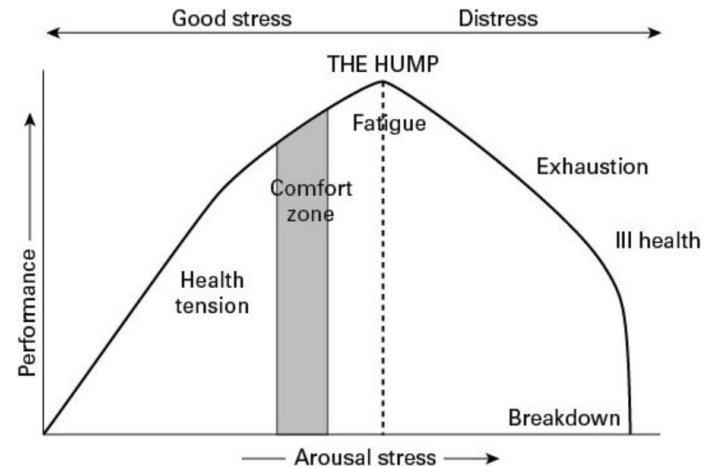
Tension – Pressure - Demand for Change

Stress causes bodily or mental tension.

Stresses can be external
(light, loudness, too many people, or being bullied or pressure of social situations)

or

internal (illness, or from a medical procedure).

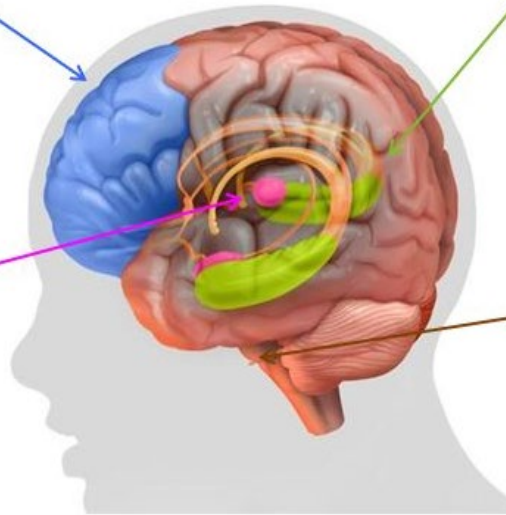


Stress

Tension – Pressure - Demand for Change

Prefrontal Cortex
(**executive**
function, planning
complex cognitive
behavior, personality
expression, decision-
making and
moderating correct
social behavior)

Amygdala
(encodes emotional
messages for long-
term storage in the
brain)



- Stress can initiate the "fight or flight" response.
- Takes time to de-escalate
- Diaphragmatic Breathing
- Progressive Muscle Technique
- Five senses grounding technique

Typical Stressors - It's not just you!

- Challenges of being uprooted from family and friends and adapting to a demanding new learning environment.
- Adapting to a new culture and constant uncertainty about what to do
- Attempting to master a large volume of information
- Joining a peer group of equal motivation and intelligence can be intimidating for people who may have been the superstar in their last program
- Performance anxiety with high-stakes examinations
 - Course exams that need to be passed in order to advance
- Lack of time for recreation or a chance to turn off
- Concerns about financial issues



Typical Stressors

- Immigration/visa status and work authorization (employment after graduation)
- Language barriers & communication difficulties
- Difficulty disagreeing with professors
- Tough choice between developing professional relationships during holiday time or going back home to see family
- Pressure to succeed, first or only one in family to go to college
- Teacher-student relationships are rather informal in the united states- Get an understanding of how students and teachers interact.

Question...

Who can name one typical stressor from
the last slide?

Life Happens

- Getting sick, colds, STD's, etc...unplanned concerns that take time
- Marriage/Divorce
- Death or change of health of a family member
- Other relationships beginning or ending
- Pregnancy or childrearing
- Moving
- Roommate issues



Burn Out

what are other
words for
burn out?



blow, blow out, exhaust,
wear out, fatigue, tire, burn,
weary, drain, do in



 Thesaurus.plus

Stress vs. Burn Out

STRESS

- **Over engagement**
- **Emotions are over-reactive**
- **Urgency and hyperactivity**

- **Loss of energy**
- **Leads to anxiety disorders**
- **Primary damage is physical**
- **Can eventually cause premature death**

BURN OUT

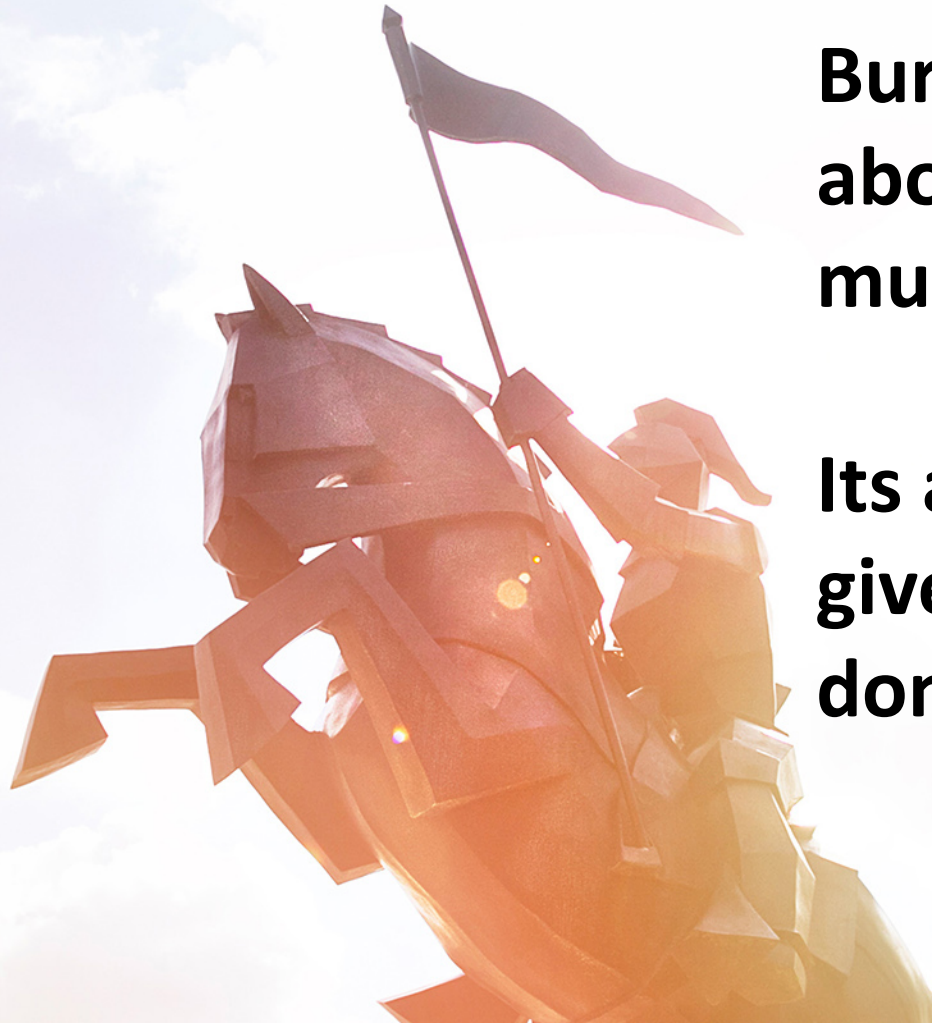
- **Disengagement**
- **Emotions are blunted**
- **Feelings of helplessness & hopelessness**
- **Loss of motivation and hope**
- **Leads to detachment and depression**
- **Primary damage is emotional**
- **May make life seem not worth living**

Things that cause burn out faster

- Excessive and prolonged stress
 - School stress
 - Financial stress
 - Relational stress
 - Family stress
- Lack of sleep
- Poor eating habits
- Little to no exercise
- Poor time management
- Unrealistic Goals (all A's, too many technical or writing courses in one semester)

Question...

Who can name one thing that makes us
burn out faster from the last slide?



**Burn out is not
about giving too
much of yourself,**

**Its about trying to
give what you
don't possess**

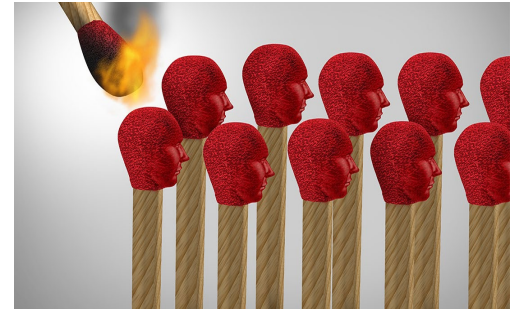
Emotional Signs of Burn Out



- Loss of motivation
- Apathy
- Sense of failure and self-doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world
- Increasingly cynical and negative outlook
- Unable to learn new information
- Increased irritability

Behavioral Attempts to decrease stress

- Withdrawing from responsibilities – we stop doing stuff, homework, family calls
- Isolating yourself from others
- Procrastinating, taking longer to get things done
- Using food, drugs, or alcohol to cope
- Taking out your frustrations on others
- Skipping class, coming late
- SUICIDE
 - Suicide is the third-leading cause of death among 20- to 30 year-olds in the United States



Question...

Who can name one attempt to control stress/burn out from the last slide?

Balancing Work – Life

<https://www.ucf.edu/news/ultimate-guide-getting-involved-ucf>



- Honest self-awareness
- Time management
- Self-Care
 - Sleep - Diet - Exercise
 - “Me” time/Quiet time
- Create a restorative environment
- Be aware of overextending yourself
- Being proactive

Wellness – great places to start



- Get to know other students who may have the same social changes.
- Befriend the locals – they can help get you acquainted with the school and introduce you to new friends. Sit next to them in class and offer to partner with them on projects
- Attend optional meetings and outings and sign up for any weekend trips or excursions.
- Get involved in student groups on campus- volunteer and academic group.
- Attend local events. Free apps like **Now** and **Like a Local** can zero in on your location to help you find cool spots and happenings nearby.
- Talk to the professor. I know that can be intimidating but their job is to teach. Take advantage of office hours if you are unable to stay after class.
- Ask the instructor for a student mentor's email address and connect with them.
- If you are not clear on an assignment, talk to the professor, a teacher's assistant, or another student from your class.
- In America, study groups are common. Joining a study group for your difficult classes can help you learn better, collaborate with other students, and give you an opportunity to receive a little extra help clarifying assignments and coursework.

SKILL: Internal statements to manage the pressure

When I think there's too much to learn,

I remind myself that I don't have to learn it all overnight. I have lots of time.

Most likely I'll be able to learn the basics and then I can keep learning.

When I tell myself there's too much to learn I get overwhelmed. It's better just to focus on what I need to learn today.

I'll also feel less overwhelmed if I block out

Time in my schedule so I can see when I'm

Going to study.



Question...

Who can name a work/life skills from the last slide?

Barriers To Getting Help



- Stigma
- Belief that help = you're not good enough
- Schedule
- Fears that it will go on your academic record

Getting Help

Services are free to students currently enrolled at UCF

Services are **confidential**

CAPS and Student **records are separate**



We want to hear from you!
Please take this *evaluation* to help us improve
our services!

Title of Presentation: *Balancing Wellness, Work, Life and Academics*
Presenter: *Sheri Waddill, LMHC*

On your smartphones, use this site and
take this two minute survey:

<http://bit.ly/CAPSevalAS>

Or use this QR code:



CAPS Information

LOCATION: Counseling Building - Bldg #27 (Near Health Center)

TELEPHONE: **407-823-2811**

WEBSITE: www.caps.sdes.ucf.edu

HOURS: **Monday-Thursday 8am - 6pm***
Walk-in hours 8-5
Appointment only 5-6

Friday 8am-5pm
Walk-in hours 8-4
Appointment only 4-5

CAPS Online

ARE YOU IN A CRISIS?



After-hours crisis services available by phone

CRISIS HOTLINE

407-823-2811



For more information visit caps.sdes.ucf.edu/emergency

CAPS Online

Connect with **CAPS** through our **social media sites**



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Questions



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