



Newsletter

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## From Crashing Out to Working it Out

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Feeling a crash-out coming... HELP!



Day-to-day events and bigger life events create STRESS.

Stress is like carrying around mental weights!

We feel it! Stress can slow us down and make moving through the day harder.

# What's to Stress About?

Depending on the person, the day and the circumstance - there are a lot of possibilities. There is day to day stress like getting to class on time, studying for a test, and figuring out what's for dinner. Bigger events also bring stress like the passing of a loved one, break-ups, failing a class or major arguments with friends.

## How does stress happen?

1. There is a cue – either external (an event, an interaction) or internal (feeling, thoughts, sensation)
2. Our brain interprets the cue as a demand or potential threat to our wellbeing
3. Stress is an automatic response (we don't directly choose it)
4. The stress responses results in physical, thinking, emotional, social and behavioural (actions) changes

## How does stress affect us?



### Physically

Increased heart rate, sleep changes, appetite changes, muscle tension, headache, digestive issues, weakened immune functioning



### Emotions

Stronger feelings of anxiety, irritability, feeling down, overwhelmed, trouble handling feelings, feeling fewer positive emotions



### Thinking

Negative thoughts, overthinking, poorer concentration, poorer memory, daydreaming, trouble making decisions



### Actions

Coping in ways that are less helpful (e.g. avoiding, substance use) & more helpful (e.g. rest, prioritizing, finding help)



### Socially

Reduced empathy, communication breakdowns, conflicts, isolation

# Stress Less

## Can we get rid of all stress and live stress free?

Probably not - sorry to be the bearer of bad news! Life happens and stressful things are bound to happen.

In fact, we need some stress. It motivates us and tells us what's important. Without stress about passing an exam, we probably wouldn't study. Without stress about how people treated us, we likely wouldn't tell people when they said something out of line.

## Are we doomed to live a stressful and miserable life?

**NO!** We didn't sign up for that! We can't completely stop the rain, but we can bring an umbrella. Of course there will be times of stress in our lives. The very good news is that we do have ways to get through it, manage it and even lessen the effects. Sometimes even little things that provide a moment of relief make a big difference.



## Finding what works for **YOU**!

*Exercise Gardening  
Basketball Cleaning  
Take breaks Memes  
Video games Singing  
Rewards Friends  
Baking Sleeping in  
Music Driving Pets  
Reading To-do lists  
Silliness Dance offs  
Self-encouragement  
Deep breathing Tea  
& many, many more  
ideas...*

Maybe someone has said to you, "when I'm stressed what works for me is a tea break... or telling myself to 'you can get through it'... or a quick basketball game."

These may be fair ways of dealing with stress for them, but you are not them – you're **YOU**. You're the best judge of what works for you.

Maybe you already have ideas - **when you are stressed, what helps even a little bit? What else?**

# One Small Step

## Want to try a small step to work on managing stress?

Sometimes it helps to rate our stress management on a scale 10 to 1

- 10 means overall my ways of managing stress work for me
- 1 means overall my ways of managing stress don't work for me

## Ask yourself...

- What number would you rate yourself at right now?
- What helps bring it up to that number? What else?
  - If things are at a 1 or 2 for you, that's tough! What's helping you get by?
- When things rise 1 number higher, what will be different for you?



## One Small Step

*Choose one thing that already helps with whatever number you are at (even the tiniest thing) and intentionally do it this week. Notice the differences it makes for you.*

## Share Your Perspective For a Chance to Win!

We are curious to hear your perspective:

**When it comes to managing stress, what works for you?**

Anonymous response will be posted in the next issue.

Enter your response [here](#) for a chance to win a prize with Student Success Services.



# Your Panther Perspectives

Last month we asked:

***What's something that you do when you notice you are in a better mood?***



**... and here's what you said!**

*I notice that I walk more gently, and talk more gently.*

*I take moments to appreciate the space I am in.*

*Noticing colour schemes I've subconsciously obtained in my home, the placement of the lights, and the sounds that surround my house.*

*Such beautiful perspectives are much clearer when I am in a good mood!*

*When I am in a better mood I find myself, partaking in hobbies and being over all more social.*

# Looking For Support?

## Where can I go for help?

If reading this brings up difficult feelings or you are looking for support, we encourage you to reach out. Support is available.

### Student Success Services

studentsuccessnow@canadorecollege.ca

705-474-7600 ext. 5205

To schedule an appointment follow this [link](#)



Scan to request  
Mental Health &  
Wellbeing services

### Good2Talk

Post-Secondary Student Helpline

1-866-925-5454

### Suicide Crisis Helpline

9-8-8



## Resource Spotlight



**The Balance Lab** is a mindfulness and emotional regulation group offered at Canadore College. Based on principles of Dialectical Behaviour Therapy (DBT), the group helps students build skills with regulating emotions and actions, experiencing emotions without necessarily acting on them and building more helpful actions.

To learn more and register for the group visit this [link!](#)