SELF CARE THROUGH DE STRESSING

Important signs of Stress:

1. Muscle tension bracing habits
2. Hyper-vigilant, aggressive over-reactivity
3. Caring too much or too little
4. Disrupted breathing patterns
5. Cold, sweaty hands
6. Negative self-talk

Strategies to cope with the Range of Emotions

1. Response to Range of emotions, sometimes they are necessary
2. Shift out of Emotions, when you can and they are not helping you

How are you MAKING SENSE of the situation?

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Making Sense of Appraising</th>
<th>Self Care Thought</th>
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</thead>
<tbody>
<tr>
<td>Shock</td>
<td></td>
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<tr>
<td>Anger</td>
<td>ALTERNATIVE THOUGHT</td>
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<tr>
<td>Sadness</td>
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<tr>
<td>Anxiety</td>
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<tr>
<td>Fear</td>
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Adapted from a Sports Worksheet

Workshop Led by: Amy Baltzell

Stone Center Counseling Service
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Emergencies 781-283-2839 (evening and weekends) or Campus Police 781-283-5555 (24 hours)
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