



COPING WITH STRESS

Presented by Avondale Well-being Centre

Well-being Centre Team, 2018



Left to Right

Minah Bocchino
(intern counsellor)

Loeen Raethal
(counsellor, casual)

Lana Hibbard
(counsellor, team leader)

Jon Gould
(counsellor, casual)

Gina Lemke
(Equity & Disability Officer)

Dale Smedley
(intern counsellor)

Our Contact Details

(Lake Macquarie Campus)

- counselling@avondale.edu.au
- 0403 478 994
- Location: First cottage next to P1 parking area
- Distance students: Skype sessions available

Is stress bad?

Eustress	Distress
short term	short or long term
perceived to be within our coping ability	perceived as outside our coping ability
feel exciting	feels unpleasant
improves performance	decreases performance
leads to motivation or focus of energy	leads to concern, anxiety or overwhelm

Sources of Stress

- External events or situations
- Internal events
- Habitual behaviour patterns

Recognising Stress in the Body

- Elevated heart rate
- Breathing faster or more shallow
- Tension in the muscles
- Increased perspiration
- Attention tends to narrow and focus on what we perceive as threatening

One recognised measure of Stress:

- Perceived Stress Scale

Coping with Stress: 7 ways

- Using movement: Physical exercise
- Working with tension: Progressive muscle relaxation (PMR)
- Using breathing techniques: Diaphragmatic breathing
- Attention training: Mindfulness of the breath
- Addressing thoughts: cognitive restructuring
- Using the imagination: visualization
- Spiritual practices

Want help...

Counsellors at the Well-being Centre can provide assistance in developing stress coping skills.

- How to implement stress coping practices
- Opportunity to practice with a counsellor
- An individualized plan to address stress