



Bear Care Managing Anxiety & Stress

A Wellness Resource Created by New York Tech's Office of
Counseling and Wellness

New York Tech's Office of Counseling and Wellness

Free & confidential mental health services including individual and group counseling and various outreach programs to support your well-being.

Reach out to us for support!
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Anxiety and stress are a part of life.

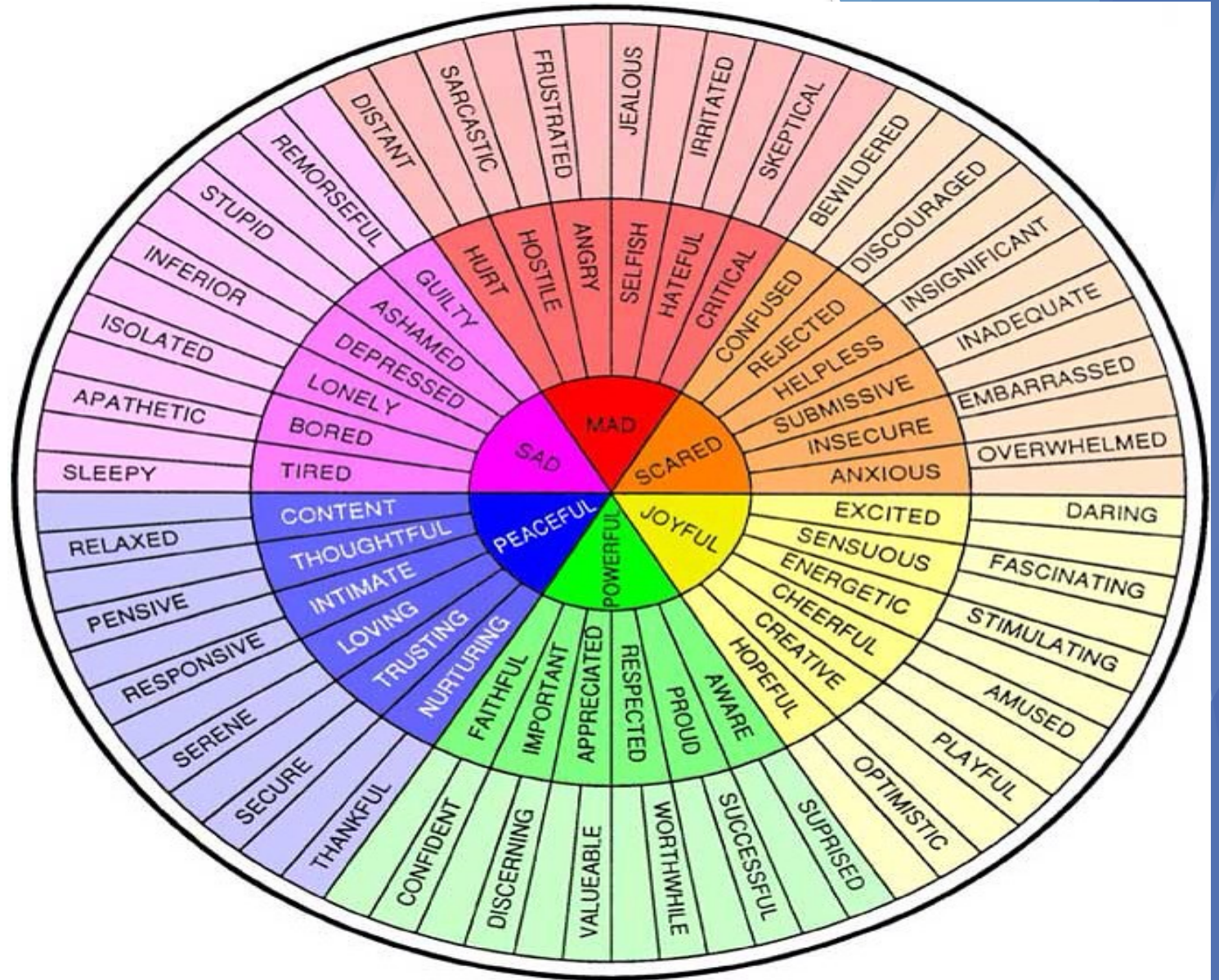


- ▶ This resource reviews several positive ways to manage the anxiety and stress which often accompanies change
- ▶ We will review:
 - ▶ The importance of self awareness & healthy habits to manage physical and mental health
 - ▶ Ways to connect with others and have some fun
 - ▶ How mindfulness can help manage anxiety
 - ▶ The benefits of an attitude of gratitude
 - ▶ Communication skills to support each other
 - ▶ Helpful apps to try
 - ▶ Available on and off campus resources to support students

How are you feeling? We should check in with ourselves often!

Expected reactions to changes,
crisis or uncertain times include:

- ▶ Difficulty concentrating
- ▶ Mild to moderate anxiety
- ▶ Grief or sadness
- ▶ Irritability
- ▶ Nausea



Positive habits of self-care to promote calm and well-being

- ❑ Establish healthy routines: regular handwashing, eat healthy foods.
- ❑ Set a consistent sleep schedule. Avoid caffeine, strenuous exercise or heavy meals close to bedtime. Allot some time to unwind and relax. Consider listening to nature sounds, music or white noise to mask sounds around you. Try a mindfulness /meditation app such as Mindfulness Coach.
- ❑ Exercise daily. Be Active! Get moving! Schedule time to walk on campus with friends during a break. Check out the campus gym.
- ❑ Physical activity can increase dopamine levels and assist in an overall feeling of wellness.



Connect with your peers. Get involved on campus!

- ❑ Schedule in the FUN and get connected.
- ❑ What are your hobbies? What do you enjoy?
[Available New York Tech Clubs](#)
- ❑ Consider an identity based club or Greek life!
- ❑ Get Involved in our college community. Attend events, have lunch in the Café, check out the campus gym.
- ❑ Tips to connecting: [Watch this](#)
- ❑ Being engaged in activities will help you to stay positive.
- ❑ Plus it can be a great stress & anxiety management tool.



Mindfulness can help manage moments of overwhelming anxiety & stress.
Pause. Observe. Notice. Without judgment.

[To learn more about mindfulness click here](#)

- ▶ Meditation - try an app or You Tube video. We like Mindfulness Coach and it is FREE.
- ▶ Practice being present to all sensations in the moment without judging. (taste, sight, touch, smell & hearing)
- ▶ Grounding techniques which help you to connect to your physical body can help during moments of anxiety and panic.
- ▶ Try the 5-4-3-2-1 method. Take 3 slow belly breaths. Identify 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Take 5 belly breaths. [Click here to try](#)

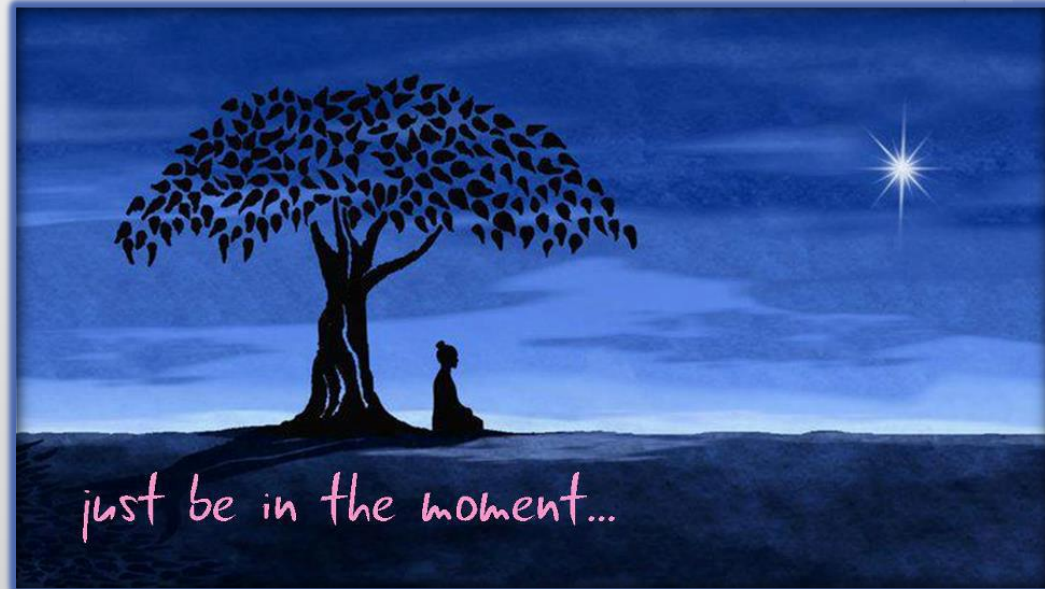


Simple Ways to add mindful moments to your day - and combat anxiety - SLOW DOWN & FOCUS

Mindful Walking -When walking notice the sensation of air, feel your feet on the ground.

Mindful Eating -When eating remove distractions notice the color, texture, temperature of your food.

Mindful Driving - When driving notice how it feels to sit in the vehicle, listen to the sounds of the road, Look for beauty along your route Set an intention to be the safest driver on the road.



Mindful Breathing- A Strategy to Manage Emotions



[Click here](#) → Try a 3 minute mindful breathing exercise.

Focusing your attention on your breathing can help relax your body & mind whenever & wherever you feel overwhelmed.

Deliberately pay attention to the natural rhythm and flow and the way your body feels on each inhale and exhale

- ✓ Reduce stress
- ✓ Lower heart rate
- ✓ Lower blood pressure
- ✓ Reduce depression

Nurture your friendships, Support each other!



*I think it might be helpful
to talk to someone.
I can stay with you while
we call/text a hotline.*

- ▶ Try the V-A-R® technique to let loved ones and friends know they are being heard and are not alone
- ▶ V: Validate their feelings. “That makes sense...”
- ▶ A: Appreciate their courage, speaking up can be a challenge. “I’m here for you...”
- ▶ R: Refer them for additional support. “I think it might be helpful to talk to someone, do you know the Counseling & Wellness Center provides free services?”

▶ LEARN MORE:

Click here →



VALIDATE



APPRECIATE



REFER

Harness the Power of Technology



- ▶ Facetime and Zoom make it possible to stay connected virtually and sometimes can be more convenient!
- ▶ Telehealth can increase accessibility.
- ▶ Check out [the New York Tech Counseling & Wellness web page](#) for access to a free online mental health screening

Helpful FREE Mental Health Apps to try...

- ▶ Mindshift: Helps you gain insight into basic skills to manage symptoms of anxiety
- ▶ MoodTools: Provides psychoeducation to cope with depression
- ▶ Daylio Journal: Super Easy Self-Care Bullet Journal with Goals-Mood Diary & Happiness Tracker
- ▶ Todoist: A productivity app that helps you to manage tasks, projects and goals
- ▶ For Many More Apps [Click Here:](#)



Some Dos and Don'ts

- ▶ Do concentrate on what needs to get done TODAY. Use lists and set priorities. Control what you can control.
- ▶ Do set realistic goals and accomplish what you can. Show yourself some self compassion. Just do your best.
- ▶ Do take a break, stretch & move. Maybe do a quick mindful breathing exercise. Even a short break can provide some stress release and increase productivity
- ▶ Do contact the New York Tech's Office of Counseling & Wellness for an appointment. Follow our INSTA for tips & info about our outreach programming.
- ▶ Don't spend too much time scrolling through social media. Consider unfollowing accounts or deleting apps if they increase your anxiety.
- ▶ Don't constantly check the news. Current events can cause increased anxiety and trigger negative emotions.
- ▶ Do practice self-care and develop healthy habits.
- ▶ Don't rely on alcohol, drugs or prescribed medications to manage emotions. Develop a list of more positive coping strategies...then DO those things!

The Counseling & Wellness Center is operating Monday - Friday; 9 a.m. - 5 p.m.*

- ▶ **Individual Counseling:** Reach out via email counseling@nyit.edu for an appointment. We will be happy to set up a chat.
- ▶ **Group Counseling:** Another option to help students cope. See Counseling and Wellness section of NYIT website for details.
- ▶ **Wellness Workshops.** Follow us on insta for information about wellness programming and skill building workshops
- ▶ **Health Insurance** - Questions about Aetna Student Health Insurance www.aetnastudenthealth.com or email Yahaira Ruiz at yruiz@nyit.edu
- ▶ **Immunization Requirements:** Click Here: [New York Tech Immunization policy](#)
- ▶ **Accessibility Service** -Transitioning back to in person may be difficult. For information on accessibility services contact Helene Schorr: hschorr@nyit.edu or https://www.nyit.edu/campus_life/accessibility_services

Free & Confidential Hotlines Available 24/7 If you need help after hours



- ▶ Suicide Prevention Hotline ([suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)) '988'
- ▶ Crisis Text (text "Got5" to 741741) [crisistextline.org](https://www.crisistextline.org)
- ▶ NYC Mental Health Hotline 888.NYC.WELL (Text "WELL" to 65173) Chat at nyc.gov/nycwell
- ▶ LI Crisis Hot Line 516.679.1111
- ▶ Domestic Violence Services 800.621.4673 or [thehotline.org](https://www.thehotline.org)
- ▶ The TrevorLifeline for LGBTQ youth 1.866.488.7386 [thetrevorproject.org](https://www.thetrevorproject.org)
- ▶ TrevorText text "START" to 678-678
- ▶ The Trans Lifeline 1.877.565.8860
- ▶ Veterans Crisis Line 1.800.273.8255
- ▶ The Safe Center of LI 515.542.0404 (Victims of Abuse & Sexual Assault)
- ▶ NYC Crime Victims Center 212.523.4728
- ▶ SAMHSA National Helpline for Mental and Substance Use Disorders 1.800.662.4357

New York Tech Student Resources



We all deserve the 4 Ls: LIVE LAUGH LOVE LEARN

Give yourself permission to seek help or support

- ▶ Help is available for students who are struggling.
- ▶ Whether you need help researching a topic, keeping up with your studies, registering or paying for classes, or adjusting to life in a new city or country... we're here for you.
- ▶ Just click here to check out [New York Tech Student Resources Page](#)