



THE WHALE WATCH

"Looking Out for Yourself and Others"

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The Season Of Stress

It's the most wonderful time of the year... you know- final exams, interviews, commitments with family and friends. The list goes on!

Fortunately, the [Center for Student Wellness and Counseling Services](#) has some helpful hints for the Season of Stress...



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Sometimes you can avoid unnecessary stress. This can be accomplished through:

- Saying no: set healthy boundaries with others and your time
- Avoiding people or situations that stress you out: limit your exposure to negative people and things
- Avoiding topics that you know will upset you
- Eliminate unnecessary items on your “to-do” list: ask yourself is this really necessary to do right now?

If you cannot avoid the stress, you can sometimes alter the situation. This can look like:

- Expressing emotions rather than storing them up: talk with a trusted friend, family member, or counselor
- Being willing to compromise: every situation requires everyone to give a little
- Being more assertive: confront your concerns with others through healthy assertive communication
- Evaluating your time management: take some time to look at how your time is being spent.



What happens when the situation cannot be altered or avoided? It might be time to focus on how you respond.

At times it is healthiest to adapt to your stressors. How to change your reaction can be completed in a few steps:

- Re-frame your problems: ask yourself how you could look at the situation from a positive perspective
- Look at the big picture: look at the situation as a small part of a whole to reduce intensity
- Adjust your ideals: avoid using rigid or unreasonable standards for yourself when managing stress

- Keep a grateful mind: identifying what you're thankful for allows you to focus on the positives



Along with adaptation comes acceptance. Acceptance protects your energy and allows you to function normally. This can be done through:

- Don't try to control the uncontrollable: you cannot control others. You can disagree with others or your circumstances, but focus on accepting them as they are
- Recognize the lesson: Identify what you can learn from this experience to inform your choices in the future
- Share your feelings: confront problems with others through sharing your viewpoint
- Forgiveness: let go of anger and resentment. Holding onto anger will build up negative emotions



Did you know there's a TAO for that?

TAO is a free online suite of tools meant to teach life skills, build resilience, and encourage positive growth. TAO's evidence-based, self-help educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors.

[Click to view instructions to sign up and begin using TAO](#)

To access **TAO**, simply visit thepath.taoconnect.org and sign up.

Once signed up, you may log in any time, day or night 24/7. Modules do not need to be viewed in one sitting; you can pause them and return later!

Questions?

Contact TAO@neomed.edu

Technical Issues?

Contact support@taoconnect.org

Center for Student Wellness and Counseling Services
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National Suicide Hotline 800.273.8255 | Crisis Text Line 741-741