

## Wellness Workshop

# Stress Wellness



**Santa Ana College**  
**Health & Wellness Center**  
Phone: (714) 564-6216

## Symptoms of Stress

Stress is one way that our bodies respond to the various demands of our lives. A little bit of stress is normal and can be healthy; it keeps us productive, motivated, and engaged. However, too much stress can result in serious physical, emotional, and behavioral symptoms. Below is a list of common symptoms of stress – everyone experiences stress in different ways.

\*In order to learn how to manage stress, it is important to identify your specific signs/triggers that lead to stress.

Behavioral	Emotional	Physical
<ul style="list-style-type: none"> <li>▪ Increase in substance use (alcohol/drugs)</li> <li>▪ Isolation or withdrawing from others</li> <li>▪ Avoidance of responsibilities</li> <li>▪ Procrastination</li> <li>▪ Loss of motivation</li> <li>▪ Grinding teeth</li> <li>▪ Loss of appetite or overeating</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fluctuations in mood</li> <li>▪ Decreased sex drive</li> <li>▪ Increase in frustration, irritability, or anger</li> <li>▪ Anxiety: Increase in worry</li> <li>▪ Sadness or symptoms of depression</li> <li>▪ Low self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fatigue</li> <li>▪ Difficulties falling asleep</li> <li>▪ Chest pain</li> <li>▪ Muscle tension</li> <li>▪ Headaches or migraines</li> <li>▪ Nausea / Indigestion</li> <li>▪ Profuse or increased sweating</li> <li>▪ Shoulder, neck, or back pain</li> </ul>

Stress may also manifest through **thought processes (cognitive)**:

- “I can’t do this”
- “I’m going to fail”
- “I always mess up”
- “This is too much, I can’t handle it”
- “I’m never going to pass”

## Identify your Stress

1. Identify ways you experience stress (behavioral, emotional, physical, cognitive).

Behavioral	Emotional	Physical	Thoughts (Cognitive)
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪

2. How do you currently manage your stress?

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3. What three things can you do today to help ease some symptoms of stress?

i.

ii.

iii.



# Self-Care Assessment Worksheet

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This assessment tool provides an overview of effective strategies to maintain and practice self-care. Mark what you currently practice, and think about areas you would like to actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

*How often do you engage in the activity listed:*

3 = Frequently

2 = Occasionally

1 = Rarely

0 = Never/It never occurred to me

## Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from phones, TV, internet
- Other:

## Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to school/work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving compliments or gratitude from others
- Be curious
- Say “no” to extra responsibilities
- Other:

## Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests, volunteer
- Spend time with loved ones
- Other:

## Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Have experiences of awe
- Contribute to causes in which you believe
- Reach inspirational literature (talks, music)
- Other:

## Workplace/School or Professional Self-Care

- Take a break during the work/school day (e.g. lunch)
- Take time to chat with colleagues or peers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your co-workers or group partners/friends
- Balance your day so that no one day or part of a day is “too much”
- Arrange your work/school space so it is comfortable and comforting
- Negotiate for your needs (benefits, grade change, extra credit)
- Have a peer support group
- Other:

## Balance

- Strive for balance within your work-life and work day
- Strive for balance among work, family, relationships, play and rest



# Develop a Self-Care Plan

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.  
-Oprah Winfrey

1. List the self-care habits you are using now to manage stress and stay healthy:

*(I get at least 8 hours of sleep each night)*

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2. List the self-care habits you would like to use, but are not currently practicing:

*(Exercise 30 minutes a day.)*

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3. Identify the obstacles keeping you from practicing these habits:

*(I am not exercising now because I feel like I don't have the time and I think it might be too expensive.)*

I am not                      because . . .

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- 



4. What solutions can you come up with to address the obstacles you listed?

*(I could look for discounted or free exercise classes at a local Center or online. I could free up time for myself by cutting back on time watching TV.)*

I could . . .

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5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

*(Today, I commit to exercising daily. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class, watching less TV, and asking for support from others.)*

Today, I commit to . . .

I want to do this because . . .

I will accomplish this by . . .



## Reflection of the DAY

Monday	<p>Something I did for myself today was...</p> <p>Today was pleasant because...</p> <p>I am thankful for...</p>	
Tuesday	<p>Today I had fun when...</p> <p>I had a positive experience with...</p> <p>I felt good about myself when...</p>	
Wednesday	<p>Today I accomplished...</p> <p>I was of proud of myself when...</p> <p>What made me smile today was...</p>	
Thursday	<p>The most beautiful thing I saw today was...</p> <p>I felt proud when...</p> <p>Today was a good day because...</p>	
Friday	<p>A positive thing I experienced was...</p> <p>Today I am happy that...</p> <p>I feel excited about...</p>	
Saturday	<p>My favorite part of today was...</p> <p>Today, I am appreciate of...</p> <p>Something I did well today was...</p>	
Sunday	<p>I felt good about myself when...</p> <p>Today I achieved...</p> <p>I felt happy when...</p>	



## Online Resources

UCLA Mindful Awareness Research Center

[uclahealth.org/programs/marc](http://uclahealth.org/programs/marc)

Meditation Oasis

[meditationoasis.com](http://meditationoasis.com)

Mindful

[mindful.org](http://mindful.org)

UC San Diego Center for Mindfulness

[health.ucsd.edu/specialties/mindfulness](http://health.ucsd.edu/specialties/mindfulness)

## Apps for your Smartphone, Tablet, or Computer

**ACT Coach** — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

**Breathe2relax** — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called ‘diaphragmatic breathing’.

**CBTi-Coach** — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

**Mindfulness Coach** — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

**Mindshift** — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

**T2 Mood Tracker** — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

**Take a break!** — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.



# Santa Ana College Off-Campus Resources

## Crisis Contacts/Hotlines

In the event of an emergency, contact **campus safety (714) 564-6330 or dial 911**

- **Suicide and Crisis Lifeline (24/7)**  
988 [988lifeline.org/](http://988lifeline.org/)
- **Orange County 24-Hour Crisis Hotline**  
(877) 727-4747
- **Sexual Assault/Rape Crisis Hotline**  
(800) 656-4673 or (714) 957-2737
- **National Alliance On Mental Illness (NAMI) Warmline for emotional support**  
(714) 991-6412  
\*Live Chat available through [www.namiooc.org/oc-warmline](http://www.namiooc.org/oc-warmline)
- **National Drug/Alcohol Abuse Hotline**  
(800) 662-4357
- **National Domestic Violence Hotline**  
(800) 799-7233  
\*Live chat available through [www.thehotline.org](http://www.thehotline.org)  
Orange County: (714) 992-1931
- **LGBT National Help Center**  
(888) 843-4564 ; <http://www.glnh.org>
- **24-Hour Information and Helpline**  
2-1-1 or (888) 600-4357  
Free or low cost health and human service programs in OC  
[www.211oc.org](http://www.211oc.org)
- **24/7, Free and Confidential Crisis Text Line:**  
Text "COURAGE" to 741741
- **OC Links Information and Referral Line**  
(855) 625-4657

## Family/Child Based Services

- **Catholic Charities of Orange County Santa Ana**  
(714) 347-9600  
Social services to families, children, and seniors
- **Child Guidance Center – Santa Ana**  
(714) 953-4455 – [www.cgcoc.org](http://www.cgcoc.org)
- **Families and Communities Together (FaCT) Orange** (714) 566-2878  
[www.factoc.org](http://www.factoc.org)  
Counseling, family advocacy/case, family health & wellness, adoption support  
Santa Ana (714) 480-3737
- **Family Enrichment Center – Anaheim**  
(714) 758-1884
- **Mariposa Counseling Center -Orange**  
(714) 547-6494 [www.mariposacenter.org](http://www.mariposacenter.org)  
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children's Home – Orange**  
(714) 935-7584 [www.orangewoodfoundation.org](http://www.orangewoodfoundation.org)  
Foster & Youth community services

## Housing/Food/Community

- **Abrazar, Inc. - Westminster**  
(714) 893-3581 [www.abrazarinc.com](http://www.abrazarinc.com)  
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**  
(714) 917-0440 [www.accesscal.org](http://www.accesscal.org)
- **Community Action Partnership of Orange County – Garden Grove**  
(714) 897-6670
- **Homeless Shelters:**  
[www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)  
Santa Ana Hospitality House – Salvation Army  
(714) 542-9576  
Thomas House Temporary Shelter – Santa Ana  
(714) 554-0357  
Mercy House – Santa Ana  
(714) 836-7188  
Orange County Rescue Mission – Tustin  
(714) 247-4300  
WISEPlace for Women Shelter – Santa Ana  
(714) 542-3577  
Grandma's House of Hope – Women and Children  
(714) 833-5333
- **Illumination Foundation – Stanton**  
(714) 507-2459 - [www.ifhomeless.org](http://www.ifhomeless.org)  
Housing, case management, workforce development, medical & tutoring programs
- **Second Harvest Food Bank of Orange County**  
(949) 653-2900 - Irvine

## Psychotherapy/Counseling

- **Argosy University Therapeutic Assessment & Psychological Services - Orange**  
(714) 620-3810
- **CARE Counseling Center – Santa Ana/Anaheim**  
(714) 836-9900
- **Chapman University Community Clinic – Orange**  
(714) 997-6746
- **Community Counseling & Supportive Services**  
(714) 645-8000
- **Community Counseling St. Joseph Hospital**  
(714) 771-8243
- **FACES (Medi-Cal)**  
(714) 447-9024
- **Mental Health Association of Orange County**  
(714) 547-7559
- **Vista Community Clinic (Medi-Cal)**  
(844) 308-5003
- **Medi-Cal Phone Support: (800) 541-5555**  
OC: (800) 281-9799  
LA: (626) 569-1399
- **CalOptima Behavioral Health Line:**  
(855) 877-3885

# Santa Ana College Off-Campus Resources

## Substance Use

- **Alta Institute Inc. – Fullerton**  
(714) 680-0241
- **OC Healthcare Agency – Santa Ana**  
(714) 480-6660
- **Directory of Sober Living Homes:**  
[www.soberhousing.net](http://www.soberhousing.net)
- **Orange County AA directory:**  
[www.oc-aa.org](http://www.oc-aa.org)
- **Phoenix House – Santa Ana**  
(714) 953-9373

## Career & Education

- **Orange County Conservation Corps – Anaheim**  
(714) 956-6222 ; [www.hireyouth.org](http://www.hireyouth.org)  
\*Job training and education program for young adults
- **OC Workforce Solutions**  
(714) 241-4900  
[www.ocworkforcesolutions.com](http://www.ocworkforcesolutions.com)  
\*Job search assistance, employment workshops/resources
- **Santa Ana W/O/R/K Center (Work, Opportunity Resources, Knowledge)**  
(714) 565-2668

## Health-Based Resources

- **Hurttt Family Health Clinic – Tustin/Santa Ana**  
(714) 247-0300  
[www.hurtttclinic.org](http://www.hurtttclinic.org)
- **Orange County Dental & Health Care Agency Clinic**  
(800) 564-8448
- **Obria Medical Clinics (Women Wellness) Orange**  
(714) 516-9045
- **Planned Parenthood of Orange County Santa Ana** (714) 922-4100  
Find a Center: (800) 230-7526  
[www.plannedparenthood.org](http://www.plannedparenthood.org)
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100  
[www.shareourselves.org](http://www.shareourselves.org)  
Low cost health care services, pharmacy services, behavioral health, and women's health.

## Specific Populations

- **Caregiver Resource Center – Fullerton**  
(714) 446-5030 – [www.caregiveroc.org](http://www.caregiveroc.org)
- **Domestic Violence Shelters in O.C.**  
Laura's House: (949) 498-1511  
Interval House: (714) 891-8121  
Women's Transitional Living (714) 992-1931
- **Human Options Counseling Center – Domestic Violence Survivor - Santa Ana**  
(714) 480-3737
- **Orange County Asian and Pacific Islander Community Alliance (OCAPICA) – Garden Grove**  
(714) 636-9095 [www.ocapica.org](http://www.ocapica.org)
- **Domestic Violence Assistance Program**  
(714) 935-7956
- **Southern California Indian Center – Fountain Valley** – (714) 962-6673  
Assistance to American Indians, native Alaskans, and Native Hawaiians
- **The Center Orange County (LGBTQ) – Santa Ana**  
(714) 953-5428
- **OC ACCEPT (LGBTQ)**  
(714) 645-8000
- **OC4Vets**  
(714) 480-6476
- **VA Clinic – Santa Ana**  
(714) 434-4600
- **Women, Infants, & Children (WIC) Supplemental Nutrition Program – Santa Ana**  
(888) 942-2229

## Financial & Legal

- **Consumer Credit Counseling Service of Orange County**  
(800) 550-1961  
[www.greenpath.com/cccsoc/](http://www.greenpath.com/cccsoc/)  
Financial education & counseling
- **Community Legal Aid SoCal**  
(800) 834-5001  
Legal needs for low-income
- **Orange County Legal Aid**
- **Public Law Center – Santa Ana**  
(714) 541-1010  
Low income legal services
- **WHW – employment support services**  
(949) 631-2333



## Orange County Low Cost Community Health Centers

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/ Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
<b>ANAHEIM</b>												
AltaMed Medical & Dental Group	1325 N. Anaheim Blvd	888-499-9303	Chinese, Spanish, Tagalog, Vietnamese	●	●	●	●	●			●	●
UCI FHC Anaheim	2441 W. La Palma Ave., Suite 100	657-282-6356	Spanish, Tagalog, Vietnamese, Mandarin	●	●	●	●					
Central City Community Health Center	2237 W. Ball Road	714-490-2750	Spanish	●	●	●	●	●	●		●	●
<b>BUENA PARK</b>												
KCS Health Center	7212 Orangethorpe Ave., #9A	714-503-6550	Spanish, Korean			●	●	●	●		●	●
St. Jude Pediatric Dental Center	7758 Knott Ave, Buena Park	714- 522-8723	Spanish, Korean		●			●				●
<b>COSTA MESA</b>												
SOS Community Health Center & Dental	1550 Superior Ave.	949-642-3451	Spanish	●		●		●	●			
Hope Clinic	2045 Myer Place, Bldg. C	949-515-6725	Spanish	●	●							
<b>FULLERTON</b>												
Family Health Matters	901 W. Orangethorpe Ave.	714-441-0411	Spanish, Tagalog		●	●	●		●	●	●	
Sierra Health Center	501 S. Brookhurst	714-870-0717	Spanish, Tagalog		●	●	●					
Lestonnac Free Clinic	505 E Commonwealth Ave.	714-399-4571	Spanish	●		●						
St. Jude Neighborhood Health Centers	731 S. Highland Ave.	714-446-5100	Spanish	●	●	●	●	●	●			
<b>GARDEN GROVE</b>												
AltaMed Medical Group	12751 Harbor Blvd.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog, Portuguese, Arabic	●	●	●	●				●	
Central City Community Health Center	12511 Brookhurst St., 2nd Floor	714-643-7176	Spanish			●			●			
CHOC Clinic	10602 Chapman Ave.	888-770-2462	Spanish		●							
Healthy Smiles for Kids of Orange County	10602 Chapman Ave., Suite 200	714-537-0700	Spanish	●				●				
Lestonnac Free Clinic	10861 Acacia Pkwy.	714-497-9564	Spanish	●		●						
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	714-898-8888	Spanish, Vietnamese, Chinese	●	●	●		●	●	●		
VNCOC Southland Health Center	9862 Chapman Ave., Suite B	714-418-2040	Vietnamese, Spanish	●	●	●	●	●	●			
<b>HUNTINGTON BEACH</b>												
AltaMed Medical & Dental Group	8041 Newman Ave.	888-499-9303	Spanish, Vietnamese, Farsi	●	●	●	●	●				
<b>LA HABRA</b>												
Friends of Family Health Center	501 S. Idaho St., Suite 260	562-690-0400	Farsi, Spanish, Arabic, Korean, Hindu, Chinese	●	●	●	●	●	●			
Vista Community Clinic: The Gary Center	201 S. Harbor Blvd.	562-264-6000	Farsi, Korean, Spanish	●	●	●	●	●	●			
<b>LAGUNA BEACH</b>												
Laguna Beach Community Clinic	362 Third St.	949-494-0761	Spanish, Farsi	●	●	●	●	●				
<b>LAKE FOREST</b>												
Camino Health Center	22481 Aspan St., Suite A	949-240-2272	Spanish, Farsi, Tagalog	●	●	●		●	●	●		

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
<b>LOS ALAMITOS</b>												
Lestonnac Free Clinic	3801 Katella Ave., Suite 301	562-493-4466	Spanish	●		●		●		●		
<b>MISSION VIEJO</b>												
SOS Community Health Mission Viejo	27725 Santa Margarita Parkway #101	949-270-2100	Spanish, Vietnamese		●	●	●	●	●			
<b>NEWPORT BEACH</b>												
SOS Children & Family Health Center	307 Placentia Ave., Suite 107	949-270-2100	Spanish		●	●		●	●	●		
SOS Beauchamp Dental Center	307 Placentia Ave., Suite 202	949-270-2100	Spanish		●	●		●				
<b>ORANGE</b>												
AltaMed Medical Group	4010 E. Chapman Ave., Suite C	888-499-9303	Spanish, Farsi, Korean		●	●	●				●	●
CHOC Clinic at Orange	3745 W. Chapman Ave	888-770-2462	Spanish	●	●			●	●		●	
La Amistad Family Health Center	725 W. La Veta Ave., Suite 260	714-771-8006	Spanish			●		●	●	●		
Lestonnac Free Clinic	1215 E. Chapman Ave.	714-633-4600	Spanish	●		●		●		●		
<b>SAN CLEMENTE</b>												
Camino Health Center	1300 Avenida Vista Hermosa, Suite 250	949-240-2272	Spanish, Farsi	●	●	●		●	●			
<b>SAN JUAN CAPISTRANO</b>												
Camino Health Center	30300 Camino Capistrano	949-240-2272	Spanish	●	●	●	●	●	●			
<b>SANTA ANA</b>												
AltaMed Medical Group	2720 S. Bristol St., Suite 110	888-499-9303	Spanish, Vietnamese, Arabic	●	●	●	●				●	●
AltaMed Medical & Dental Group	1400 N. Main St.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog		●	●	●	●			●	●
CHOC/Boys and Girls Club	1000 W. Highland	888-770-2462	Spanish	●	●						●	●
Hurtt Family Health Clinic	1100 N. Tustin Ave.	714-247-0300	Spanish		●	●		●	●	●	●	
Obria Medical Clinic	2001 E. 1st St	714-516-9045	Spanish			●	●				●	
Serve The People Community Health Center	1206 E. 17th St., #101	714-352-2911	Spanish	●	●	●	●	●	●	●	●	●
SOS-EL SOL Wellness Center	1014 N. Broadway	949-270-2100	Spanish		●	●	●		●	●		
UCI FHC Santa Ana	800 N. Main St.	657-282-6355	Korean, Spanish, Vietnamese	●	●	●	●	●	●	●	●	
<b>STANTON</b>												
Central City Community Health Center	12116 Beach Blvd.	714-898-2222	Spanish, Vietnamese		●	●	●				●	●
Livingstone Community Health Clinic (Food Pantry available)	12362 Beach Blvd., Suite 10	714-248-9500	Hindu, Gujarati, Korean, Spanish	●	●	●		●				
<b>TUSTIN</b>												
Families Together of Orange County	661 W. First St. Suite G	1-800-597-7977	Spanish, Farsi	●	●	●	●	●	●	●	●	●
Friends of Family Health Center	13152 Newport Ave., Suite B	714-263-8600	Spanish, Vietnamese, Farsi, Chinese, Hindu		●	●	●	●	●	●		
Hurtt Family Health Clinic	One Hope Drive	714-247-0300	Spanish		●	●		●	●	●	●	

Clinic hours of operation and services are subject to change. Please call the clinics for specific information.



**Healthier Referral Line:**  
1-800-564-8448



For access to a 24-hour, information and referral helpline, dial 2-1-1.

**The Coalition of Orange County Community Health Centers**

<http://www.coccc.org>