

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

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)
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
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▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪

2. How do you currently manage your stress?

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-
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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

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

*Do what you can, with what you have, where you are.
-Theodore Roosevelt*

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)

-
-
-
-
-

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

(Take a regular spin class)

-
-
-
-
-

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

(I am not taking a spin class now because I feel like I don't have the time and I think it might be too expensive.)

I am not _____ because . . .

-
-
-
-
-

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

(I could look for discounted or free spin classes or free classes at CSUF Recreation Center. 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 taking a weekly spin class. 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	Something I did for myself today was... Today was pleasant because... I am thankful for...	
Tuesday	Today I had fun when... I had a positive experience with... I felt good about myself when...	
Wednesday	Today I accomplished... I was of proud of myself when... What made me smile today was...	
Thursday	The most beautiful thing I saw today was... I felt proud when... Today was a good day because...	
Friday	A positive thing I experienced was... Today I am happy that... I feel excited about...	
Saturday	My favorite part of today was... Today, I am appreciate of... Something I did well today was...	
Sunday	I felt good about myself when... Today I achieved... I felt happy when...	

Online Resources

Center for Mindfulness in Medicine, Health Care, and Society

umassmed.edu/cfm

Mayo Clinic Stress Reduction Website

mayoclinic.com/health/mindfulness-exercises/MY02124

Meditation Oasis

meditationoasis.com

Mindful

mindful.org

UC San Diego Center for Mindfulness

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 Prevention 24-Hour Lifeline**
(800) 273-8255
- **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.namioc.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
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
- **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
- **Families and Communities Together (FaCT) Orange** (714) 566-2878
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
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children's Home – Orange**
(714) 935-7584 www.orangewoodfoundation.org
Foster & Youth community services

Housing/Food/Community

- **Abrazar, Inc. - Westminster**
(714) 893-3581 www.abrazarinc.com
Computer classes, food, transportation, English literacy
- **Access California Services – Anaheim**
(714) 917-0440 www.accesscal.org
- **Community Action Partnership of Orange County – Garden Grove**
(714) 897-6670
- **Homeless Shelters:**
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
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
- **Orange County AA directory:**
www.oc-aa.org
- **Phoenix House – Santa Ana**
(714) 953-9373

Career & Education

- **Orange County Conservation Corps – Anaheim**
(714) 956-6222 ; www.hireyouth.org
*Job training and education program for young adults
- **Orange County One-Stop**
(714) 565-2600 www.oconestop.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
- **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
- **Share Ourselves (SOS) – El Sol Wellness Centers Santa Ana** (949) 270-2100
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
- **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
- **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
www.ochealthinfo.com/oc4vets
- **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/
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 ; www.whw.org



BEHAVIORAL HEALTH FROM COMMUNITY CLINICS

Name	Address	City	Phone Numbers
VNCOC Southland Health Center	9863 Chapman, Suite B	Garden Grove	714-418-2040
VCC: The Gary Center Substance Abuse Counseling Center	1525 E. 17 th Street, Suite B	Santa Ana	714-542-0400
VCC: The Gary Center	201 S. Harbor Blvd.	La Habra	562-264-6000
UCI Family Health Center	300 W. Carl Karcher Way	Anaheim	714-491-9804
	800 N. Main Street	Santa Ana	714-480-2443
St Jude Neighborhood Health Center	731 S. Highland Ave	Fullerton	714-446-5100
SOS-El Sol Wellness Center	1014 N. Broadway	Santa Ana	949-270-2160
SOS Community Health Center	1550 Superior Ave	Costa Mesa	949-270-2100
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	Garden Grove	714-898-8888
KCS Health Center	7212 Orangethorpe Ave, Suite 9A	Buena Park	714-503-6550
Hurttt Family Health Center	One Hope Drive	Tustin	714-247-0300
	1100 N. Tustin Ave	Santa Ana	
Central City Community Health Center	2237 W. Ball Road	Anaheim	714-490-2750
	12511 Brookhurst St, 2 nd Floor	Garden Grove	714-643-7176