Finding Balance

Molly Dunn, M.Ed
[she, her, hers]
Prevention Educator & Peer Mentor Coordinator
Why are Graduate students at greater risk?

Graduate students are 6 times more likely to experience anxiety or depression compared to the general population.

Social isolation & slim job market for tenure track

Feelings of inadequacy (Imposter Syndrome)

Less likely to ask for help

High expectations & pressure to succeed

https://www.uhs.uga.edu/stress/managing-stress
What is stress?

- Stressor
  - Physical Response
  - Emotional Response
  - Resources Available

Perceived Stress
So, to manage stress, we need to:

- Take care of ourselves physically
- Manage emotions
- Pay attention to how we think about stressors
- Find support

Wheel of Life Activity

- Take care of ourselves physically
- Manage emotions
- Pay attention to how we think about stressors
- Find support

https://www.uhs.uga.edu/stress/managing-stress
Challenges: Imposter Syndrome

- Graduate students keep a curriculum vitae: “life’s work.”
- Share your feelings with a trusted person
- Seek out a mentor
- Be a mentor
- Remember it’s OK not to know what you’re doing
- Focus on the process, not the outcome
- Build in an expectation of initial setback
Sympathetic Nervous System (fight or flight)
• Heart rate and respiration increase
• Blood pressure increases
• Blood flow increases to muscles and lungs
• Digestion decreases
• Stress hormones, such as cortisol, and neurotransmitters, like epinephrine, increase to make us stronger and faster
• Muscles contract
• Glucose is rapidly released to be burned for quick energy

Parasympathetic Nervous System (rest & digest)
• Heart rate and respiration slow
• Blood pressure drops
• Digestion increases
• Blood sugar decreases
• Neurotransmitters like acetylcholine, which regulates muscle contractions, including cardiac muscle, are released
• Stress hormones decrease

Challenges: Time
2 minutes per day
Challenges: Supporting Others As a TA

Don’t wait for there to be a problem: Set expectations for self-care and a mindful work ethic

Be Proactive

1) Engage students early on. Ensure that students know their mental health is important to their graduate coordinators (ex. include mental health resources in syllabus.)

2) Set limits on disruptive and/or self-destructive behavior based in the Code of Conduct

3) Reinforce that they may face setbacks before reaching the final outcome.
Campus Resources

If the student is in crisis* (during business hours)
• Help the student contact CAPS and/or use CAPS walk-in services
• Call 911 if needed
• Make a plan to follow up with the student

If the student is in crisis (after hours)
• Contact the UGA Police Department (706-542-2200) and ask to speak to the CAPS on-call clinician

*threat to harming themselves, others, or the campus community
Campus Resources

- CAPS
- Center for Counseling and Personal Evaluation
- ASPIRE Clinic
- Psychology Clinic
- Student Care and Outreach
- Health Promotion and The Fontaine Center (R.S.V.P.)
Wellness Coaching

Wellness Coaching uses an individual’s own motivations and strengths to support behavior change.
Examples of Wellness Coaching Topics

- Time Management & Organization
- Stress Management
- Work/Life Balance
- Sleep
- Nutrition & Physical Activity
- ... And More!

Call 706-542-8690 to schedule a Wellness Coaching appt.

https://www.uhs.uga.edu/wellnesscoaching/getstarted
FREE #BEWELLUGA EVENTS

BeWell Pop-Up Series

WHAT: Chair yoga, aromatherapy with essential oils, and resources for managing stress and wellness

WHERE: Across from Jittery Joe’s in the MLC

WHEN: 12-1pm on the first Wednesday of the month:
- September 4th
- October 2nd
- November 6th
- December 4th

For more information, visit www.ubs.uga.edu or @UGAhealthcenter
#BeWellUGA
FREE #BEWELLUGA EVENTS

SKETCHING
For Mindfulness

Wednesdays*
10/9-11/13
10:30-11:30am
Main Library Rm 310

*Attending all six sessions is encouraged but not required

FEEL GOOD FRIDAYS!
with essential oils

11:45am—1:00pm • UHC Nutrition Kitchen
FRIDAYS: 9/20 • 10/11 • 10/25 • 11/8 • 11/22
WEDNESDAY: 12/4 last day of fall semester

Call 706.542.8690
to reserve your spot
Each workshop open to 15 students. First come, first served.

Create your own rollerball essential oil blend!

#BeWellUGA
uga.healthcenter
Thank you!

Molly Dunn, M.Ed
The Fontaine Center
University Health Center
706-542-8690
mdunn@uhs.uga.edu