

# Mental Health Awareness for our Classified Professionals & Faculty

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# Discussion questions

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- What are some things you find to be effective in managing stress?
- What are some stress management techniques that you could use while you're at work?

# Ideas for managing stress (1)

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- **Social support**

- Research in psychology shows that one way of managing stress is to both **seek social support** from others, and **give social support** to others.

- **Increasing your sense of control**

- Another finding from psychological research shows that increasing your sense of control over a situation can help decrease some of the stress you may be experiencing.
- Some suggestions for increasing your sense of control include: Creating a regular daily routine, and taking short breaks from work when possible (and spending time outdoors on breaks when possible)

# Ideas for managing stress (2)

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- **Problem-focused coping**

- Problem-focused coping involves doing your best to confront a stressful situation directly by engaging in problem solving related to the situation.

- **Emotion-focused coping**

- In some cases, you might try to engage in problem-focused coping, but due to factors that are outside of your control, the situation may not be able to be resolved. This is where emotion-focused coping comes in.
- This form of coping with stress involves attempting to change your emotional reaction to the stressful situation, for example, working on calming yourself down in a frustrating situation.

# Ideas for managing stress (3)

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## ■ Visualization

- There are different ways to use visualization, but one way is to imagine various scenarios that you might encounter at work, and then spend time thinking through how you might cope with each scenario.

## ■ Sleep

- Lack of **sleep** can contribute to stress, so it's important to do your best to make sure that you're getting enough sleep. Stress can contribute to difficulty sleeping, but please see these links for some tips on getting better sleep: [Good Sleep in Times of Stress](#) and [What Is Sleep Hygiene?](#)

# Ideas for managing stress (4)

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## ■ Deep breathing and grounding techniques

- Using **deep breathing techniques** and **grounding techniques** can be helpful in calming yourself down in the moment, especially if you're feeling some of the physical effects of stress such as increased heart rate and rapid breathing. Visit these links to learn more about [diaphragmatic breathing](#), [box breathing](#), and [mindful breathing](#).

## ■ Self-compassion

- Self-compassion involves showing kindness and understanding toward yourself, just as you would show to a friend. It involves trying to get away from criticizing and judging yourself.
- Learn more about self-compassion here: [What Self-Compassion Is](#) and [What Self-Compassion Is Not](#).

# Ideas for managing stress (5)

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- **Engage in positive psychology activities**
  - Research in psychology shows that experiencing positive emotions can help build your resilience to stress
  - Visit the [Greater Good in Action](#) website for various activities that are designed to build positive emotions such as empathy, happiness, and gratitude
  - The Greater Good in Action website is part of UC Berkeley's [Greater Good Science Center](#)

# Getting help

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- If you feel that you would like to speak with a mental health professional, you can access counseling services through our **Employee Assistance Program (EAP)**. [Log in here](#), and use CHABOT LAS POSITAS for the company code. For immediate support, you can call 1-800-344-4222.
- [Psychology Today's Find a Therapist website](#) is a great resource for locating a therapist. You can search using your city or zip code, and then narrow down the results from there.



# Link to the workshop evaluation form

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Please scan the QR code to access the link to the workshop evaluation form. This link can also be found on page 3 of the Flex Day program.

