



SELF CARE

Coping with Stress

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Stress Defined

- State of mental tension and worry caused by (events) in your life

2 Categories of Stress

- Distress - negative
- Eustress - positive

Responding to Stress

- Emotional

- Anxiety
- Depression
- Increased Positivity

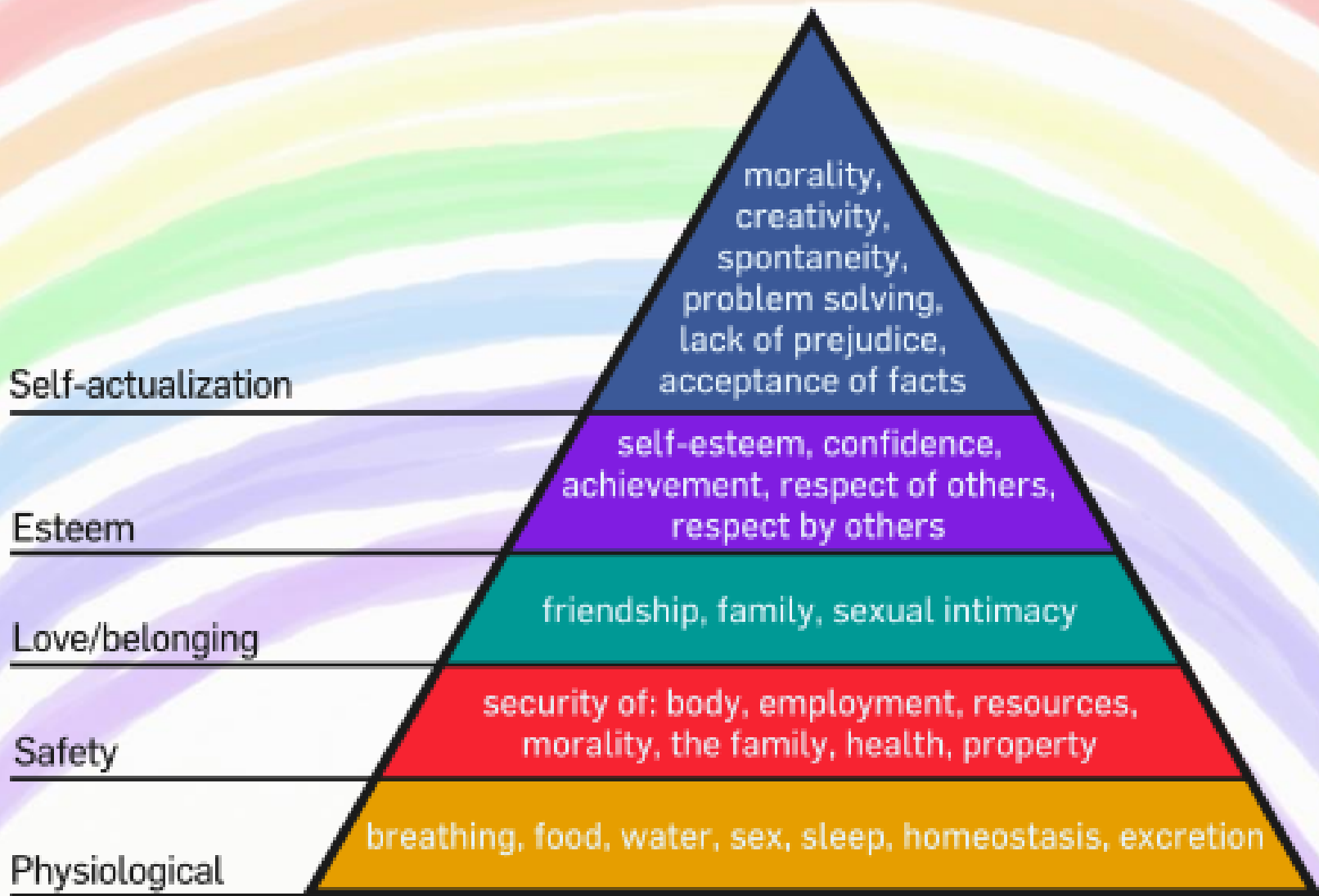
- Behavioral

- Addiction
- Aggression
- Insomnia
- Inability to Stay Awake

- Physical

- Headaches
- Muscle Aches
- Bodily Damage

Maslow's Hierarchy of Needs



Determining Our Feelings

Activating Event (what happened)

Consequent Feeling (how we feel)





Consider This...

Your greatest power is the
ability to choose the
thoughts in your mind.



A

Activating
Event (What
happened)

B

Belief (what we
think about
what happened)

C

Consequent
Feeling (How
we feel about
what happened)

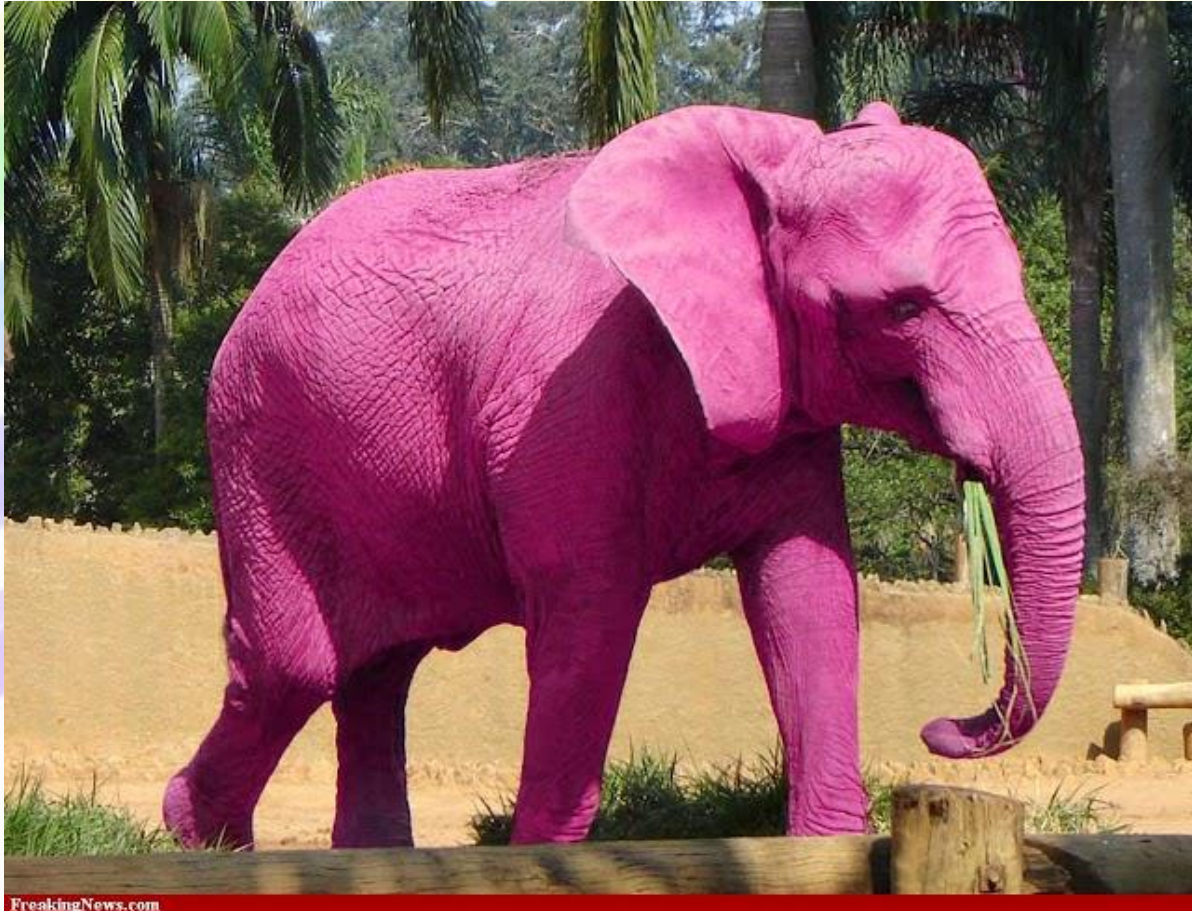


How do we choose our Thoughts?

Positive Affirmations

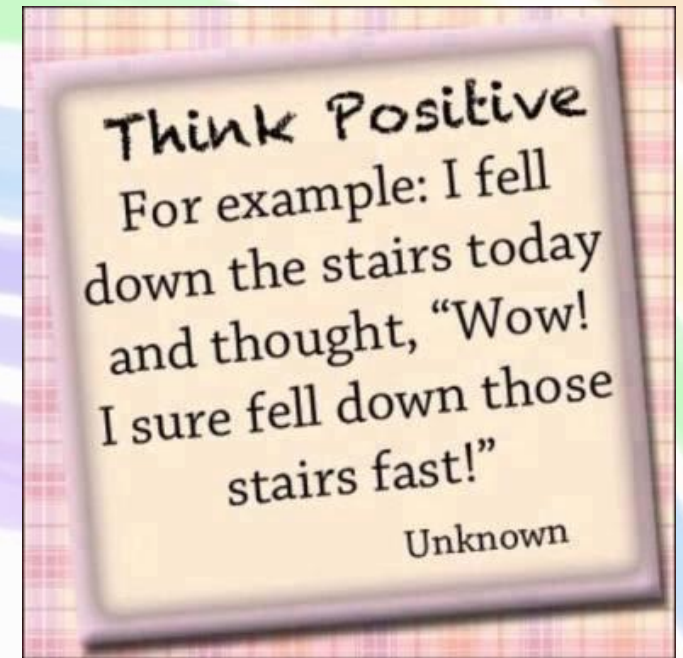
Positive thought or idea

- Simple, powerful technique



4 tips for creating positive affirmations

- Keep affirmations positive
- Keep affirmations in the present tense
- Keep affirmations short and to the point
- Let students decide their own affirmations



Choose the correct word

- I vs You
- Will vs Can
- Want vs Should
- Do vs Try





I am calm.

I am confident.

Forms of Twisted Thinking or Cognitive Distortions

- All or Nothing
- Overgeneralization
- Mental Filter
- Discounting the Positive
- Jumping to Conclusions
 - Mind Reading
 - Fortune Telling

ALL OR NOTHING THINKING - BY PUJAK

WWW.TOONDOO.COM



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Forms of Twisted Thinking or Cognitive Distortions



- Magnification
- Emotional Reasoning
- “Should” statements
- Labeling
- Personalization and Blame



Take Charge

4 Choices

- Get out of the situation
- Change the situation
- Stay in the situation and be miserable
- Change the way you feel about the situation by changing the way you think about the situation



Empower

Social Distancing Redefined



- Social Distancing
 - Can lead to feelings of isolation
- Physical Distancing
 - Will create safety
- Social Connections
 - Will lead to feelings of Inclusion

10 Things you can do to show love for yourself

- Smile more often/laugh more
- Do what's best for you
- Treat yourself once in a while
- Say NO!
- Forgive yourself



- Listen more
- Make your home your sanctuary – She Shed/Man Cave
- Practice positive self talk
- Prioritize sleep
- Meditate

Things you can do to CARE for Yourself



- Change your passwords
- Give yourself a massage
- Exercise daily
- Talk about it
- Stay in the “Know”
- Get the facts
- Trust your Instincts
- Stay Safe



AGAIN...

Your greatest power is the
ability to choose the
thoughts in your mind.



Remember...

Physical Distancing Social Connections

