

# **LSUHSC Campus Assistance Program**

## **Working through Stress/Anxiety**

Finding it difficult to cope or function as you normally would. Perhaps you're feeling down in the dumps, patterns of feeling overwhelmed, inability to cope, feelings of irritability, or problems concentrating or sleeping. These symptoms may be stress or anxiety related. Trying these stress relief tips may help.

1. Get proper rest. It is recommended that you get at least seven to eight hours of sleep per night.
2. Exercise, meditation and other forms of relaxation will lessen your anxiety as well as maintain mental and physical fitness. Walking is cheap and it helps in feeling good.
3. Eat healthy and nutritious foods. Cut down on sugar and salt.
4. Laugh more and find good company for conversation and other activities.
5. Recognize your strengths. Do what you do best. Volunteer and assist someone (nursing homes, clothing distributions, take in a movie, listen to your favorite music).
6. Do not be reluctant to seek help. Problems with stress and anxiety do not disappear. If you need to seek the advice or help from someone you can start by talking to someone you trust and go on from there.
7. Accepting help from others is healthy.
8. An appointment with your doctor or a counselor may be a good start for help.
9. If medications are prescribed, take your medication as instructed. Limit your intake of alcohol and do not take illicit drugs (medication or drugs that are not prescribed by your doctor).

If you have questions, please contact the Campus Assistance Program @ 568-8888

### **Links and Resources**

- **The Crisis Cope Line** 1-800-749-2673 (cope) or in New Orleans 504-269-2673 (cope)
- **The American Academy of Experts in Traumatic Stress, Inc.**  
[www.traumaticstress.org](http://www.traumaticstress.org)
- **SAMHSA's Mental Health Information Center** [www.mentalhealth.samhsa.org](http://www.mentalhealth.samhsa.org)
- **National Institute of Mental Health** [www.nimh.gov](http://www.nimh.gov)

- **LSUHSC Campus Assistance Program**  
[www.lsuhs.edu/no/organizations/campushealth/ceap.htm](http://www.lsuhs.edu/no/organizations/campushealth/ceap.htm)