

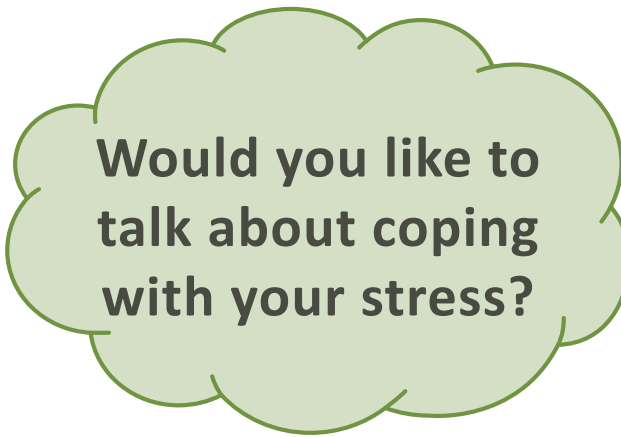
## Firstly

You may be feeling stress in your daily life from interpersonal relationships in your laboratory, your lecture tasks, insufficient financial resources, or because you live alone. You may hope to get rid of the stress.

Interestingly, when stress disappears completely, people tend to lose their motivation, see a considerable decline in their responsive and resistance skills, and may even have harmful thoughts and/or become paranoid. With stress, people can develop self-confidence by overcoming stressful situations. You may say that stress makes people grow.

Therefore, we know that it is important to have a certain degree of stress rather than having no stress at all.

Before going out into the society, time as university students is the best time to learn your stress coping methods. Let's learn how to cope with your stress through this leaflet.



### On-campus consultations

#### Center for Counseling and Disability Services



##### Counseling Office

TEL 022-795-7833

##### Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

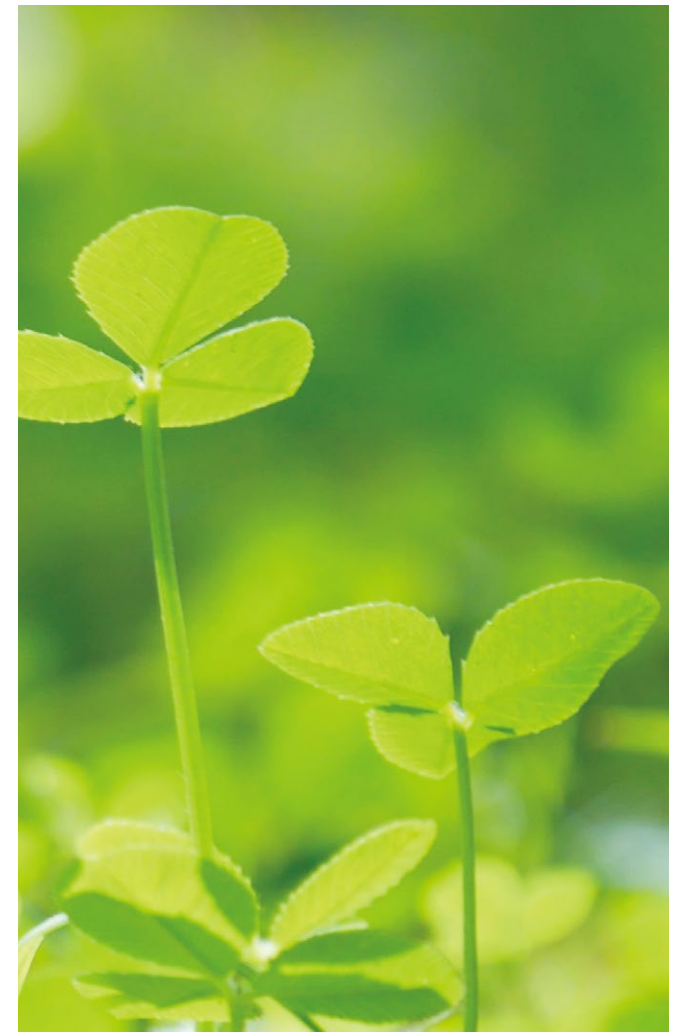
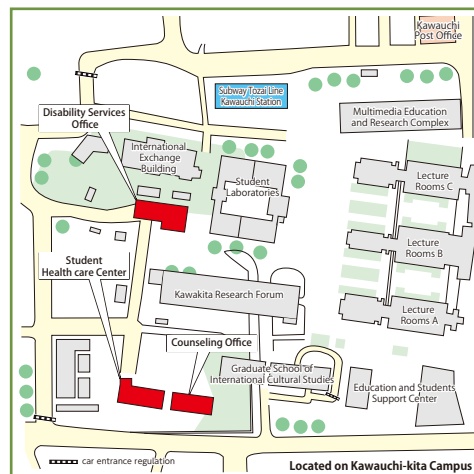
#### Student Health Care Center



##### Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series①

## Coping with Stress

*having a wide perspective*

Center for Counseling and Disability Services  
Tohoku University

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## How is stress expressed?

When we feel stress, stress is expressed in three different forms: emotional, physical, and behavioral.

### Emotional changes

anxiousness, irritation, being lethargic, depressed, poor concentration, low self-evaluation, suicidal thoughts, etc.

### Physical changes

feeling dull, headaches, slight fever, palpitations, feeling of suffocation, dizziness, nauseousness, frequent urination, irregular menstruation, loss of appetite, etc.

### Behavioral changes

non-attendance of class, social withdrawal, hyperactivity, talkativeness, anorexia/bulimia, insomnia/hypersomnia, self-harm/suicidal thoughts, etc.

Stress may cause symptoms ranging from slight anxiety and irritation to significant psychological and physical unwellness and self-injury/suicidal attempts. Being able to notice these stress symptoms (expressions) is essential in coping with the stress that may lead to diverse forms of mental health difficulties.

Stress may be expressed differently for each person. Therefore, it is important to know how you express your stress.

Please take few moments in your daily life to listen to the voices of your body and learn how you express your stress.

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## How to cope with stress

Once you become aware of your stress expressions (responses), it is important to find coping methods for them.

Typical coping methods are introduced.

### ① Writing out your stress

Write out the issues that cause you stress. When using this method, it is essential to write the causes of stress on a piece of paper instead of just thinking about them in your mind (this is a process of externalization).

### ② Changing perspectives

It is difficult to change your environment and the people around you, however, you can change your perspective about them. To do so, you may want to talk with your family, friends, professionals, etc.

### ③ Expressing emotions

You may think of emotions as being signs of protection. For example, “anxiety” is a sign informing you of future risks, and “anger” is a sign informing you to protect your rights. Therefore, it is essential to express your emotions in an appropriate environment.

### ④ Letting it go

You can temporarily shelf your worries by sleeping, spacing out, reading books and comics, listening to music, and playing games, among others. In other words, rely on natural healing powers to gradually improve your stress over time. As time passes by, energy will gradually grow.

### ⑤ Taking care of your body

Maintain your body by resting appropriately, taking relaxing baths, eating delicious food, and breathing deeply, among other techniques. Your mind may change through relieving physical fatigue.

## In summary

Few typical coping methods were introduced. Was there a fit for you? Start by looking for coping methods that may be a fit for you. Try to see how you can cope with your stress, and don't concentrate too much on solving your difficulties.

You may also want to talk to others when searching for your coping methods so that you may develop broader perspectives. Please make use of the university counseling office when needed.

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