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Stress in Excess Stress Management at WPI

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Stress in Excess: Stress Management at WPI

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Abstract
Stress has been shown to be prominent in undergraduate students by studies such as Your First College Year. The solution at WPI is an Insight program designed to teach freshmen to manage their stress. Awareness should be raised about campus resources, such as the Student Development and Counseling Center. This will result in a student population that is able to cope with its stress.

Student Development and Counseling Center (SDCC)

- Offers counseling, workshops and strategies to cope with stress
- Challenges: stigma attached to counseling, off-campus location, little awareness of services

10% of WPI undergraduates utilized the SDCC last year

Project Objectives

- Decrease the stress level of WPI students
- Provide resources to aid students with coping healthily with their stress

Approach and Methods

- Insight Group program
- Raise awareness of Student Development and Counseling Center (SDCC)

Methods

Advertising for SDCC and Insight Group Program

<table>
<thead>
<tr>
<th>Display posters around campus</th>
<th>Send emails and virtual flyers</th>
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</table>

Insight Group Program

| Advisers present coping strategies with activities | Give handouts and coping decision assessment |

Follow-up

| Retrieve student influx data from SDCC | Gather qualitative data from Insight Groups |

Anticipated Results

- More knowledgeable about individual coping style
- Aware of campus resources
- Campus better informed on how to manage stress

Recommendations

- Bring attention to SDCC and its services
- Implement Insight Group program
- Acknowledge stress and encourage stress management

Why Stress is Bad: The Symptoms

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Relational</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep Disturbances</td>
<td>Memory Problems</td>
<td>Increased Conflicts</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Lack of Concentration</td>
<td>Isolation</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>Anxiety</td>
<td>Violence</td>
</tr>
</tbody>
</table>

Stress Management Strategies

- Progressive muscle relaxation
- Exercise
- Sleeping routine
- Healthy eating habits
- Talk it out
- Meditation

References & Acknowledgements

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1 Why Stress is Bad: The Symptoms

1 Project Objectives

1 Anticipated Results

1 Recommendations

1 References & Acknowledgements