Rutgers Student Health: CAPS (Counseling, ADAP and Psychiatric Services)

Jessica Trusiani, LCSW
Let’s Talk

Rutgers Graduate School
675 Hoes Lane West Piscataway, NJ 08854
Research Tower Room V40
Tuesdays 2:30pm to 4:30pm

Other locations throughout the five campuses
health.rutgers.edu
Or call
848.932.7884 and press option #2
• Stress in small amounts can be beneficial

• The issue is when there’s too much stress. That’s when it becomes counterproductive
Warning Signs of Too Much Stress

- Stomachaches/ Headaches/ Muscle Tension
- Changes in eating habits and/or sleeping habits
- Anxiety
- Crying spells
- Irritable
- Withdrawing from friends
- Fighting/arguing
- Worry thoughts
- Overly critical thoughts
- Difficulty concentrating
Structuring Time

A contributing factor to stress is ways we structure time.

It is important to remember it is about balance:

- Taking Care of Health
- Productive Activities
- Enjoyable/Relaxing Activities
Stress Management Tools

Temperature
Splashing cold water on face, drinking cold water, taking cold shower, holding ice pack, holding frozen water bottle

Exercise
Yoga, Progressive Muscle Relaxation, Squeezing stress ball, popping bubble wrap

Breathing Exercises
Inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds