Health & Wellness
Surviving Graduate School

I'm a little stressed right now...
(just turn around and leave quietly and no one gets hurt.)
What Are Your Stressors?

- Lack of Time
- Sleep Deprivation
- Academics
- Coping with Competition
- Independence & Silence
- Personal Life
- Acculturation
- Financial Pressure
- Lack of Faculty Contact
- Fear of Graduation
Physical Signs and Symptoms of Burnout

- Feeling fatigued and drained most of the time
- Lowered immunity
- Frequent headaches, back pain, muscle aches
- Changes in sleep habits and appetite
Emotional Signs & Symptoms of Burnout

- Sense of Failure and Self-Doubt
- Feeling helpless, trapped, and defeated
- Detachment
- Cynicism, negativity, and irritability
- Loss of motivation
- Decreased satisfaction and accomplishment
Behavioral Signs & Symptoms of Burnout

- Withdrawing from responsibilities and interpersonal relationships
- Isolation
- Procrastination
- Using food, nicotine, alcohol, and prescribed and non-prescribed drugs
- Missing class
# Stress vs. Burnout

<table>
<thead>
<tr>
<th>Stress</th>
<th>Burnout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overengagement</td>
<td>Disengagement</td>
</tr>
<tr>
<td>Emotions are Overreactive</td>
<td>Emotions are Blunted</td>
</tr>
<tr>
<td>Urgency and Hyperactivity</td>
<td>Helplessness and Hopelessness</td>
</tr>
<tr>
<td>Loss of Energy</td>
<td>Loss of Motivation, Ideals, and Hope</td>
</tr>
<tr>
<td>Leads to Anxiety Disorders</td>
<td>Leads to Detachment and Depression</td>
</tr>
<tr>
<td>Primary Damage is Physical</td>
<td>Primary Damage is Emotional</td>
</tr>
</tbody>
</table>
Dealing with Burnout

The “Three R” Approach

- **Recognize** – Watch for the warning signs of burnout

- **Reverse** – Undo the damage by managing stress and seeking support

- **Resilience** – Build your resilience to stress by taking care of your physical and emotional health
WELNESS STRATEGIES

WHAT DO YOU CURRENTLY DO?
WELLNESS

- Nutrition
- Work Smart
- Regular Hours
- Sleep Hygiene
- Stimulants
  - Caffeine
  - ADD medications
- Regular cardiovascular exercise
- Pleasurable hobbies
WELLNESS

- Meditation or spiritual practices
- Moving toward rather then away or against people
- Attempt to maintain the healthier components of your lifestyle
- Remember life before graduate school
- Peer, Advisor and Faculty Support and Guidance
- Consider Counseling
- Sometimes medication may be needed
  - Maintain some life balance!
TIPS ON TAKING CARE OF YOURSELF
BOSTON UNIVERSITY FITREC
KEEP YOUR BODY SATISFIED!!

FREE MEMBER CLASSES

<table>
<thead>
<tr>
<th>Days</th>
<th>Class</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Fat Burn</td>
<td>7:30-8:15 am</td>
<td>L137</td>
</tr>
<tr>
<td></td>
<td>Cycling</td>
<td>Noon</td>
<td>L138</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Zumba</td>
<td>12:15-1 pm</td>
<td>L126/128</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Total Body Conditioning</td>
<td>7:30-8:15 am</td>
<td>L137</td>
</tr>
<tr>
<td></td>
<td>Cycling</td>
<td>Noon</td>
<td>L138</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Yoga</td>
<td>7:15-8:15 am</td>
<td>L126/128</td>
</tr>
<tr>
<td>Fridays</td>
<td>Happy Hour Workout*</td>
<td>5:30-6:30 pm</td>
<td>L131/132</td>
</tr>
</tbody>
</table>

*different class each week.

Space is limited, so be sure to arrive 10-15 minutes early to claim your spot. Just stop by the FitRec front desk to receive your Class Pass, then enjoy!
BOSTON UNIVERSITY RESOURCES

Psychological Services Center

- Stress and Anxiety
- Test/Performance Anxiety
- Sleep Difficulties
- Social/Relational Difficulties
- Anger & ADHD
- Learning Disability Evaluation
- Depression
Behavioral Medicine Clinic at Student Health Services

- **Address:** 881 Commonwealth Avenue, Boston MA
- **Phone #:** (617) 353-3569
- **Website:** [http://www.bu.edu/shs](http://www.bu.edu/shs)

- Full range of psychiatric, psychological, and medical services
- Services by appointment, Monday-Friday, 9:00am-5:00pm
- 24-hour emergency health care & crisis intervention
- Offers free short-term individual, couples, and marriage counseling services
Wellness and Prevention Services

- **Address:** 881 Commonwealth Avenue, Boston, MA
- **Phone #:** (617) 353-3575
- **Website:** [http://www.bu.edu/shs/wellness/](http://www.bu.edu/shs/wellness/)
- Promotes physical and emotional well-being among students through comprehensive programming, peer health support, connection to resources, sharing accurate and relevant health information, and providing consultation and care for students struggling with substance misuse. Our holistic services are provided to minimize the risk of illness, injury, and harm all while establishing a foundation for students to optimize their capacity to learn, reach their potential, and achieve their goals both inside and outside of the classroom. To access even more wellness information – visit the [Wellness Blog](http://www.bu.edu/shs/wellness/) today.
BOSTON UNIVERSITY RESOURCES

• The Danielsen Institute

• Provide Individual & Group Counseling
• Interpersonal & Making Relationships Work Groups
• Spirituality Group
• Couples & Family Therapy
• For more info: bu.edu/danielsen/clinic/group
• Where: The Danielsen Institute at BU, 185 Bay State Road
Sexual Assault Response & Prevention Center (SARP)

- **Address:** 930 Commonwealth Avenue, Boston, MA
- **Phone #:** (617) 353-SARP (7277)
- **Website:** [http://www.bu.edu/sarp](http://www.bu.edu/sarp)

This center provides rapid, confidential, compassionate assistance to students who have experienced a traumatic incident. Services include individual counseling, 24-hour crisis intervention, and provision of referrals to community resources as appropriate. Support is also provided for friends, family, and others affected by violence or trauma.
BU WORKSHOPS

- **“Stress Buddy” Workshops** - Student Health Ambassadors are equipped to meet with any group large or small to teach the Stress Buddy workshop. To request a workshop for your dorm floor, student group, sorority, fraternity, or casual group of friends contact the SHA’s today by emailing shambass@bu.edu.
OTHER BU RESOURCES

- **Sexual, Gender, and LG BTQ** support is available through the BU student group Spectrum – http://people.bu.edu/spectrum/Spectrum__BUs_LG_BT_Social_Organization

- The **Center for Psychiatric Rehabilitation** at BU offers various group therapy services and are best noted for their treatment of anxiety disorders. You can find more information at [www.bu.edu/cpr](http://www.bu.edu/cpr) or by calling 617-353-3549.
NON-BU RESOURCES

• **Disordered Eating Group for Female Graduate Students**: a therapeutic group for female students with eating disorders of all types. The goal of the group is to facilitate change through support, acceptance, exposure, and skill-based approaches. The focus will be the specific challenges that college and graduate students face during their recovery.

  • **When**: Saturdays, 1-2 PM
  • **Where**: 1218 Massachusetts Ave, 3rd Floor, Cambridge, MA 02139
  • **Contacts**: Casey Becker, (617) 797-7949, MendedWingCounseling@gmail.com
NON-BU RESOURCES

- **Groups Outside of BU** for various issues and populations are available – Brighton Allston Mental Health (BAMHA.org), Brookline Community Mental Health (Brooklinecenter.org), LGBTQ groups/support (Fenway Community Health – fenwayhealth.org; Gay Adolescent Social Services - jri.org)