



MANAGING STRESS IN GRADUATE SCHOOL

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Graduate Medical Sciences

WHAT IS STRESS?

There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others. We all react to stress differently.



“WHAT ARE YOU STRESSED ABOUT?”



SOME CURRENT STRESSORS?

- Family & personal pressures to succeed
- Being away from friends and family
- Making friends
- Social Anxiety
- Financial Concerns
- Sleep Deprivation
- Fears of COVID contagion
- Social Justice Issues



COVID-19 & SOCIAL JUSTICE ISSUES

- Its important to acknowledge feelings of stress related to COVID-19 and social justice issues
- It may be very difficult to process these experiences during your academic career
- Adjusting to new norms

AN INVITATION TO “UNMASK” & BUILD COMMUNITY



bumc.bu.edu/gms/dei/resources/

COVID-19: 6 TIPS FOR COPING WITH THE STRESS



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.

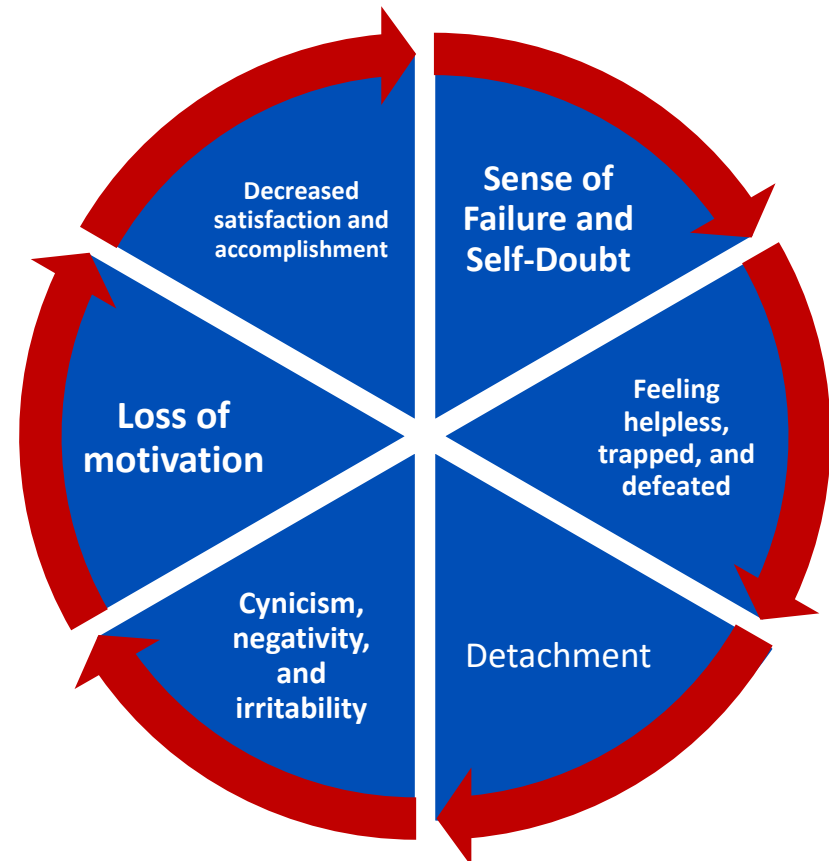
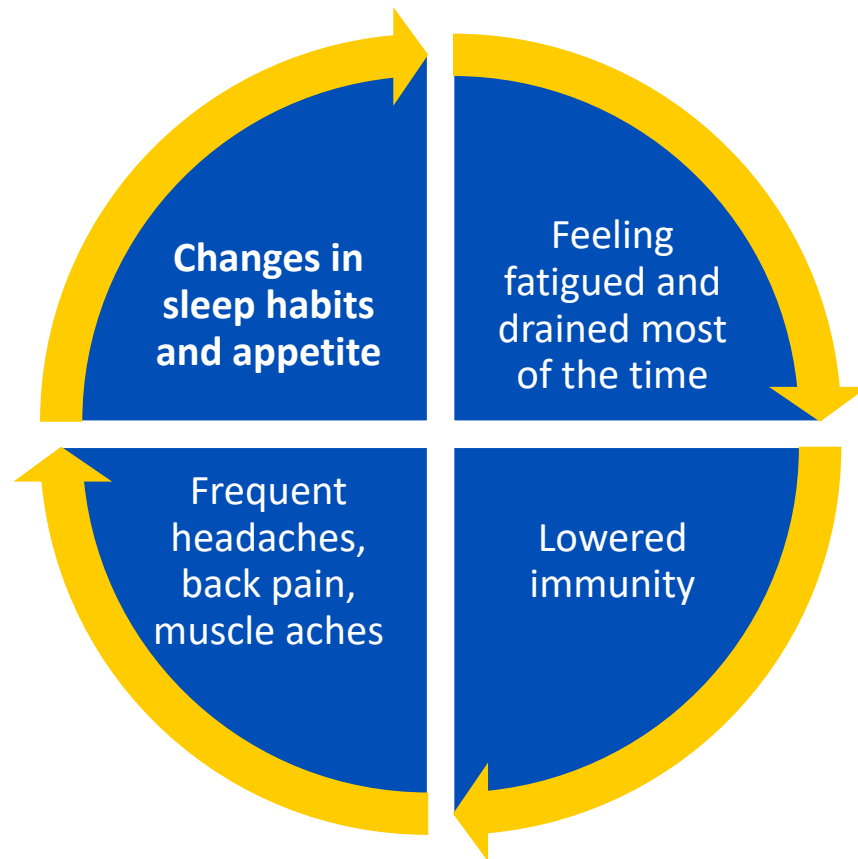


Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

PHYSICAL & EMOTIONAL SIGNS OF BURNOUT



BEHAVIORAL PROBLEMS & BURNOUT



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



*Whole Health begins with
Mental Health*

WELLNESS STRATEGIES

- Develop effective study and test taking skills
- Seeking solace thru spiritual and religious practices
- Meditation and mindfulness
- Moving toward rather than away or against people
- Social life
- Consider counseling/medication as needed

WELLNESS STRATEGIES

- Regular cardiovascular exercise
- Mindfulness eating
- Practicing sleep hygiene
- Managing work schedule
- Doing pleasurable hobbies



TIPS

- Create and maintain routines
- Take breaks – even when you think you shouldn't!
- Stress Management Tools
- Unplug from media and news outlets
- Lean on others and accept support
- Stay connected with loved ones – “Family toolkit” keep small photos, cards, symbols of home
- Journal
- Utilize Creative outlets
- Aromatherapy
- Celebrate joyous occasions and successes!

bucme.org/node/1219



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SEEKING BALANCE

