

UNDERSTANDING & MANAGING ACADEMIC STRESS & HELP-SEEKING BARRIERS

MIND OVER STRESS CAMPAIGN, ASBU Psychology
POSTER FOR: PROTECTING & IMPROVING MENTAL HEALTH

INTRODUCTION & CURRENT STATE: STRESS PREVALENCE



50-70%
OF STUDENTS
EXPERIENCE
MODERATE TO
HIGH STRESS

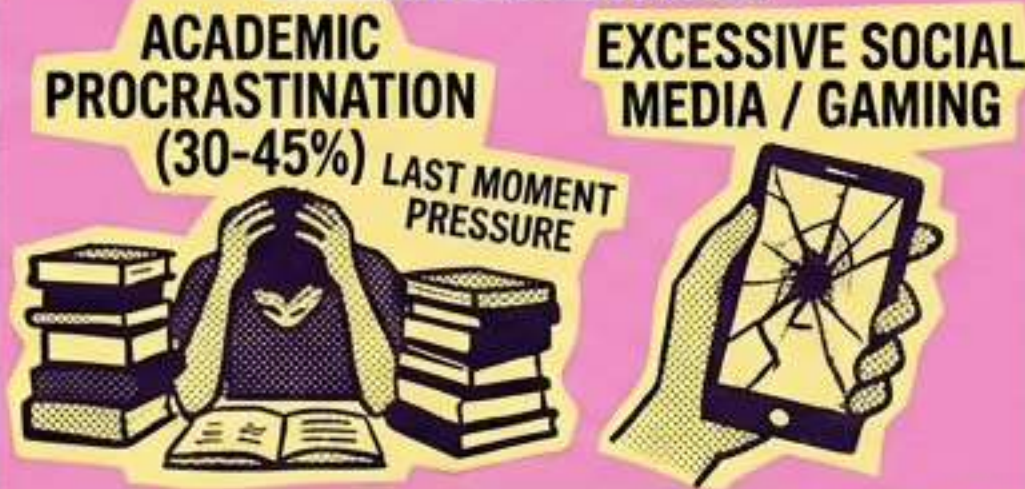
ABSTRACT BASED ON LAZARUS & FOLKMAN (1984)

STRESS PERCEPTION

1. IS SITUATION
A THREAT?

2. DO I HAVE
RESOURCES
TO COPE?

MALADAPTIVE COPING STRATEGIES & THOUGHT TRAPS



THE COPING REINFORCEMENT CYCLE



DYSFUNCTIONAL THINKING BURNS' 8 DISTORTIONS



BARRIERS TO HELP-SEEKING (STIGMATIZATION)



35-45%
OF STUDENTS
RELUCTANT TO SEEK
PROFESSIONAL HELP

SOLUTIONS & RECOMMENDATIONS: PROMOTE RESILIENCE

INTERNAL SOLUTION: DEVELOPING SELF-COMPASSION

KRISTIN NEFF'S THREE COMPONENTS:



DEVELOP STRESS MANAGEMENT SKILLS (CBT & SELF-COMPASSION)

