Staying focused & resilient in stressful times

UCSD Faculty/Staff Assistance Program
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What's FSAP?
FREE
CONFIDENTIAL
SOURCE FOR REFERRALS
MATERIALS AND TRAININGS
BLINK APPOINTMENT ACCESS
LOCATED AT TPCS, SUITE 406
TP SHUTTLE ACCESS
The (on-going) Economic "Crisis"

FSAP is involved in supporting every staff member and department on campus & has innovative approaches available for you!

Resilience means staying connected

Self
Others
Mission
Values
Stress

- is not just an event, but our perceptions of and reactions to an event;
- can make us stronger
Common misconceptions about stress

- Always evident
- Affects only the weak
- Originates externally
- Externally controlled
- We are our emotions

Life in balance
Check Your Resiliency

- Group activity
  - Participants listen to the list read aloud and give themselves a point for each statement that fits for them.
  - Time for sharing reactions, ideas, goals

Your Resiliency Bank

- Be an active survivor – stay in the present
- See adversity as challenge
- Increase your social support
- Laugh!
- Experiment with new skills
- Simplify your life
- Celebrate achievements
Workplace Stress Reducers

- Management is responsive
- Benefits are available
- Coping skills are shared
- Job description is clear
- Open communication
- Co-workers are supportive

Relaxation Experience
Remember: stay focused, stay resilient, stay healthy

Self
Others
Mission
Values

...and connect with FSAP!

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Thank you for your attention today. We hope to see you at the FSAP soon!
Check Your Resiliency

The following screening was adapted from an instrument developed by Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. If you score a perfect 20, great! But if not, take this opportunity to look at those areas of your life where change could do you good.

— I eat at least one hot, balanced meal a day.
— I get seven to eight hours sleep at least four nights a week.
— I give and receive affection regularly.
— I have at least one relative within 50 miles on whom I can rely.
— I exercise to the point of perspiration at least twice a week.
— I smoke less than half a pack of cigarettes a day.
— I take fewer than five alcoholic drinks a week.
— I am the appropriate weight for my height.
— I have an income adequate to meet basic expenses.
— I get strength from my religious beliefs.
— I regularly attend club or social activities.
— I have a network of friends and acquaintances.
— I have one or more friends to confide in about personal matters.
— I am in good health (including eyesight, hearing, teeth, heart, BP, mental/emotional)
— I am able to speak openly about my feelings when angry or worried.
— I have regular conversations with the people I live with about domestic problems, e.g., chores, money and daily living issues.
— I do something for fun at least once a week.
— I am able to organize my time effectively.
— I drink fewer than three cups of coffee (or tea or cola drinks) a day.
— I take quiet time for myself during the day.