

University of Dayton

eCommons

Stander Symposium Posters

Stander Symposium

4-5-2017

Evaluation and Improvements on Stress and Anxiety Resources at UD

Follow this and additional works at: https://ecommons.udayton.edu/stander_posters

Recommended Citation

"Evaluation and Improvements on Stress and Anxiety Resources at UD" (2017). *Stander Symposium Posters*. 950.

https://ecommons.udayton.edu/stander_posters/950

This Book is brought to you for free and open access by the Stander Symposium at eCommons. It has been accepted for inclusion in Stander Symposium Posters by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlengen1@udayton.edu.

Stress and Anxiety Management at UD

Allison Harmon, Katherine Michel, Carolyn Botti, & Logan Roebke

English 373 - Dr. Bloom-Pojar

Definition of stress: “A state of mental tension and worry caused by problems in your life; something that causes strong feelings of worry or anxiety”

Definition of Anxiety: “A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome”

Why is this a health concern?

Unmanaged stress can lead to a multitude of health risks that will compound throughout an individual’s lifetime. These include hypertension, heart attacks, depressed immunity, irritability, fatigue, etc.

Methods:

Each area of research included a compilation and evaluation of current resources, an interview, and proposed solutions to increase awareness of stress management materials.



Current Resources:

- **Resident and Housing Life**
 - Resident Assistant provide college aged friend to talk to
- **Campus Recreation**
 - Self de-Stress equipment and classes
- **Counseling Center**
 - Therapy, “Self-Help” apps, online resources
- **Office of Learning Resources**
 - Tutoring, TA, Student Success Network, and Academic Counseling

The Problem:

Insufficient advertisement of stress-management resources for students.

Proposed Solutions:

- **Resident and Housing Life**
 - Community Building Meeting dedicated to stress resources available on campus
- **Campus Recreation**
 - Indicator on group fitness schedule of de-stress/anxiety classes
- **Counseling Center**
 - A condensed pamphlet to be distributed accross campus
- **Office of Learning Resources**
 - Appointment link and TA resources on Isidore & Student Success Network on Porches

