



## Academic & Student Affairs

Counseling and Psychological Services  
Victim Empowerment Program



@fiu\_vep



@FIUCounseling



FIU Counseling

**24-Hour Hotline:** 305-348-2277

**vep.fiu.edu**

**MMC:** SHC 270

**BBC:** By appointment

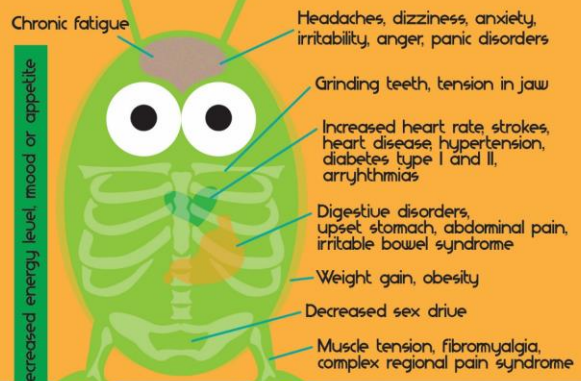
### Free & Confidential HELP

for problems due to actual or threatened violence such as stalking, sexual assault, relationship abuse, harassment, hazing, hate crimes, and battery.

### Mental Health Professionals can help with:

- ▶ Explaining choices, identifying needs, safety planning, helping clients fulfill options they choose.
- ▶ Going with clients for medical services, getting a restraining order, filing an FIU Student Conduct Complaint, other related appointments.
- ▶ Explaining how crisis causes disruption in daily life and academic pursuits.
- ▶ Helping with securing accommodations for missed classes and assignments, class changes and/or withdrawals, residence hall moves and other university issues.

# HOW STRESS AFFECTS YOUR BODY



60% TO 80% OF PRIMARY CARE DOCTOR VISITS ARE RELATED TO STRESS, YET ONLY 3% OF PATIENTS RECEIVE STRESS MANAGEMENT HELP.

10 MINS. WITH CAPS WILL REDUCE YOUR STRESS SIGNIFICANTLY. TRY HEARTMATH TODAY! (FOR FREE) CAPS.FIU.EDU 305.348.2277

# STRESS FACTS

## FACT #1: YOUR BODY DOESN'T CARE IF IT'S A BIG STRESS OR A LITTLE ONE.

Regardless of the significance, stress affects the body in predictable ways. A typical stress reaction, which most of us experience dozens of times each day, begins with a cascade of 1,400 biochemical events in your body. If these reactions are left unchecked we age prematurely, our cognitive function is impaired, our energy is drained, and we are robbed of our effectiveness and clarity.

## FACT #2: STRESS CAN MAKE SMART PEOPLE DO STUPID THINGS.

Stress causes what brain researchers call "cortical inhibition," this phenomenon helps explain why smart people do dumb things. Simply said, stress inhibits a small part of your brain and you can't function at your best. When we are in coherence – a state where we are cognitively sharp, emotionally calm, and we feel and think with enhanced clarity – the brain, heart and nervous system are working in harmony. This state of coherence facilitates our cognitive functioning – we are actually operating at peak performance mentally, emotionally and physically.

## FACT #3: PEOPLE CAN BECOME NUMB TO THEIR STRESS.

We can be physiologically experiencing stress yet mentally numb to it because we've become so accustomed to it. Some have become so adapted to the daily pressures, irritations and annoyances of life that it starts to seem normal. Yet the small stresses accumulate quickly and we may not realize how much they're impairing our mental and emotional clarity and our overall health until it shows up as a bad decision, an overreaction or an unwanted diagnosis at the doctor's office.

## FACT #4: WE CAN CONTROL HOW WE RESPOND TO STRESS.

We don't need to be victims to our own emotions, thoughts and attitudes. We can control how we respond to stress and we can become more sensitive to stressful situations and how they are affecting us before it manifests as a physical, mental or emotional complaint. There are simple, scientifically validated solutions to stress that empower people to rewire their own stress response.

## FACT #5: THE BEST STRATEGY IS TO HANDLE STRESS IN THE MOMENT.

The best way to manage stress is to deal with it the very moment you feel it come up. Millions of Americans unsuccessfully use the binge-and-purge approach when it comes to stress. They stress out all day, believing that they can wait until later to recover when they go to an evening yoga class, go to the gym or chill out when they take the weekend off. Unfortunately, when we put off going for our own inner balance our bodies have already activated the stress response and it's our health that suffers. Research shows how emotions change our heart rhythm patterns. Positive emotions create coherent heart rhythms, which look like rolling hills – it's a smooth and ordered pattern. In contrast, negative emotions create chaotic, erratic patterns. Coherent heart rhythm patterns facilitate higher brain function, whereas negative emotions inhibit a person's ability to think clearly. Call us today to try Heartmath for free so you can reach coherence!

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# FRIENDS HELP FRIENDS



Worried about a friend, but don't know how to approach them?  
Kognito can help, and it only takes 30ish minutes!

[FIU.KOGNITO.COM](http://FIU.KOGNITO.COM)

Are you a student, faculty or staff at FIU?

Log in for free with your FIU credentials to access a series of game-based exercises, with a fully animated and emotionally responsive avatar.

### Learn how to:

Recognize signs of emotional stress in a fellow Panther

Approach at-risk students/friends

Discuss their concerns

Connect them with resources on and off campus.



**Take advantage of it today!**

(Works best on a desktop or laptop computer)

[FIU.KOGNITO.COM](http://FIU.KOGNITO.COM)