

IF STRESSED
YOU ARE,
RELAXED
YOU WILL BE



FIU | Student Affairs
Counseling and Psychological Services

CAPS.FIU.EDU

MMC: SHC 270 BBC: WUC 320
305-348-2277

TIPS TO REDUCE STRESS & ANXIETY



Deep breathing:

Deep breathing helps our bodies relax when we are in the flight or fight mode that we experience with anxiety. Breathe in deeply through your nose for 5 seconds. Hold the breath for 2 seconds, and then breathe out slowly for 5 seconds through your mouth. Practice this for 2-5 minutes each day, to make your breathing more efficient when you are feeling anxious.



Relaxing Imagery:

Our brain creates an emotional reaction to certain places; we don't actually need to be there. Make sure you are somewhere quiet, without too many distractions. Think of a place or situation that is calm to you. Some examples are the beach, hiking, relaxing at home with a friend, or playing with a pet.



Be conscious of what you put in your body:

Limit or discontinue using alcohol, caffeine, stimulants, and other drugs that were not prescribed by a doctor. Certain substances can increase your anxiety. Do some exercise!



There's an App for That!

Use apps such as Simply Being and Insight Timer to help guide you through meditation and breathing exercises. You can also visit the CAPS website for more information on stress management.



Talk About it!

Attend a walk-in appointment at CAPS to speak to a counselor about additional treatment options. It's free and confidential!

@fiu_vep @FIUCounseling FIU Counseling



Academic & Student Affairs

Counseling and Psychological Services
Victim Empowerment Program



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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.

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

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)

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