

# 5 Ways to Reduce Stress During a Crisis

## A Guide for UCM Students

### 1. DON'T FIGHT YOUR ANXIETY

Fighting against anxiety can make it worse. Instead, accept that it's normal to feel worried or anxious about things that are uncertain or threatening. One way to accept anxiety is to observe and describe it. For example, you might notice: "my heart is racing, and I keep thinking about 'what if' scenarios." Normalizing and accepting the anxiety can have the paradoxical effect of reducing the anxiety.

### 2. GET THE FACTS THEN MOVE ON

Get the facts and then move on. Rather than spending extended time reading social media posts about the crisis, review a fact sheet from a trusted source. Limit the amount of time you spend daily focused on crisis information.

### 3. FACE UNCERTAINTY WITH REALITY

Human beings tend to overestimate risks related to unfamiliar and uncertain threats. Challenge your worry thoughts with facts and remind yourself to focus on what is actually happening.

### 4. REMEMBER HOW STRONG YOU ARE

Anxiety can lead us to forget that we possess strengths and coping skills. Remind yourself that even if you're impacted by this situation, you have skills to cope, and there are systems in place to help you. This includes focusing on what you can control and letting go of what you cannot.

### 5. TAKE CARE OF YOURSELF

Don't forget about the importance of self-care. Be deliberate about getting enough rest, proper nutrition, intentional movement, and support from your friends and family. Self-care can help us be resilient in the face of stress.

#### Support is a phone call or click away

You are a valued member of the UCM community, and your health and well-being are important to us.

We're here to assist you if you need help.

- **Counseling Center:**  
660-543-4060, [ucmo.edu/cc](http://ucmo.edu/cc)
- **Public Safety:** 660-543-4123
- **University Health Center:**  
660-543-4770, [ucmo.edu/uhc](http://ucmo.edu/uhc)