



reCAPS

Counseling & Psychological Services
University of California, Santa Cruz

Stressed or Anxious? Try Our Anxiety Toolbox Workshop Series

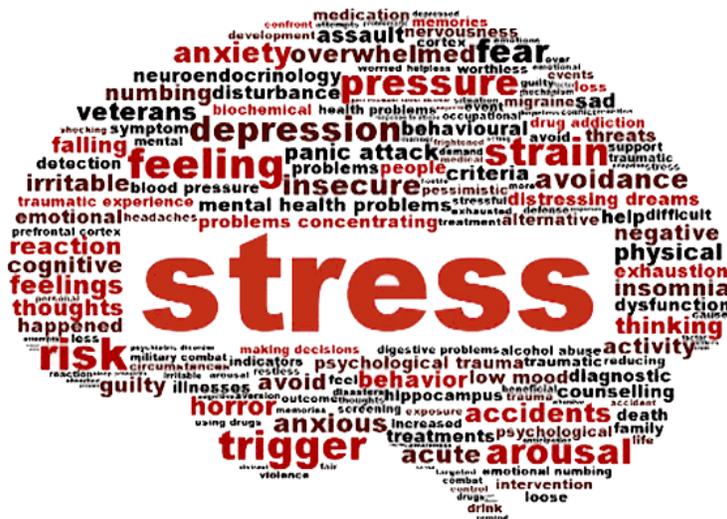
Did you know that anxiety is the top reason students seek help through CAPS? Everyone feels anxious or stressed at times, but for some students, anxiety really gets in the way of well-being, academic success, or even day-to-day activities.

CAPS offers a three-part workshop series called Anxiety Toolbox. This series, grounded in cognitive-behavioral science, teaches about stress versus anxiety and provides relaxation and cognitive tools for managing symptoms.

Students attend three hour-long workshops. There are some simple homework assignments to work on in between workshops. Why homework? Learning new coping tools, whether physical (e.g., relaxation exercises) or mental (new ways of thinking) takes practice. Any new habit takes some time and repetition to get ingrained so that we can use it when we need it.

Anxiety Toolbox will be offered at various times throughout the spring quarter. Read more on our [website](#).

To participate, call or stop by CAPS during business hours and ask to sign up for one of the series. It's free, and no screening appointment at CAPS is needed, although if you are interested in learning about additional services at CAPS or elsewhere on or off campus, you may want to schedule an initial assessment appointment with one of the CAPS counselors as well. Call CAPS at (831) 459-2628.



In This Issue	
Anxiety Toolbox Workshops	1
Dear CAPS: Graduation Anxiety	2
Easy Stretches to Do While Studying	2
Combat Stress Infographic	3
Upcoming Events	4

All About CAPS

Counseling & Psychological Services (CAPS) offers confidential mental health services to registered UCSC students all year:

- Helpful workshops, trainings, and self-help tools
- A variety of therapy and support groups
- Let's Talk drop-in consultations
- Brief individual, couples, and family counseling
- Medication services
- Referrals to on- and off-campus resources
- Crisis services in person Mon-Fri 8 am-5 pm and by phone 24/7 at (831) 459-2628

To make an appointment, call (831) 459-2628 or stop by (Student Health Center, East Wing, 2nd floor) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!

Dear CAPS,

How do I handle anxiety about graduation?

—*Shaky Senior*

You're not alone if you are graduating soon and feeling anxious about it. Finishing college is a big transition, and any transition (good or bad) brings up fears about change and what comes next. Just knowing that your anxieties are common may help you deal with them a little. Talk to others you trust to get support and process your feelings.

It can also help to take action. If you are planning to look for work after you graduate, do some research on jobs in your field, skills and knowledge you'd need for certain positions, and steps toward the jobs you'd like to have. Different fields have different timelines for job searches, so ask people in the field, your professors, and advisors for advice about when to start applying for jobs (vs. just doing research on them). Take one step at a time toward your goals.

It's usually very helpful to talk to people who work in the field in which you are interested. If you don't know anyone personally, make use of the UCSC [Career Center](#) to get advice and connect with



alums, ask family and friends if they have any connections, and use professional networking tools like LinkedIn to reach out to people with jobs you'd like to have.

If you're planning on going to grad school, start early doing research on what is required and how to prepare. Whether you're looking for work or admittance to a masters or doctoral program, the more knowledge you have, the better.

Cultivating a positive but realistic mindset can help. If people with the knowledge and training you have been able to succeed, you can, too. If the experience and skills you have don't seem to fit the jobs you want, figure out if you can do more to make yourself a better candidate (e.g., additional studies, an internship, a volunteer job) or adjust your goals to be more realistic. Also, remember that most people have to start at the bottom—don't get discouraged if you have to take entry level jobs or build your skills for a while before you can get that dream job you'd ultimately like to have.

Taking care of your general health and well-being is always important, especially when you're more stressed. Try to get enough sleep and exercise, eat a healthy diet, and avoid using substances to cope. Put aside some time for your social connections and hobbies/self-care activities. Studying and preparing for the future are important, but if you don't also take a little time for yourself, you may burn out.

Easy Stretches to Do While Studying

When you spend a lot of time at your desk, you can get stiff. It's important to take a little time to stretch—it's a great way to take a break and maintain wellness while you work. When doing any exercise, use common sense and stop if something causes pain, especially if you have injuries.

Stretch your neck: Looking down at a keyboard or device can

make your neck stiff. Stand or sit up straight in your chair. Drop your right ear toward your right shoulder so you feel a slight stretch on the left side of your neck. Relax and let your left shoulder drop, then place your right hand on your head and pull down very gently. Hold for 30 seconds, and repeat on left side.

Tuck your chin to your chest: Drop your head down and tuck in your chin. Slowly turn your chin toward your left shoulder, and then slowly turn toward your right shoulder. Repeat this move up to 10 times. **Tip:** Don't make complete circles by tilting your head all the way back, as this can put stress on your spine.

Continued on p. 4

What Can You Do to Combat Stress?



A STRONG SOCIAL SUPPORT SYSTEM IS CRUCIAL TO COMBATING STRESS

TALK TO YOUR FRIENDS AND LOVED ONES.



BREAK UP YOUR ROUTINE WITH EXERCISE, HOBBIES, OR RELAXING



BE GOOD TO YOUR BODY: GET ENOUGH SLEEP, EAT WELL, AND STAY ACTIVE



NEVER BE ASHAMED OR AFRAID TO SEEK HELP

COUNSELORS ARE GREAT SOURCES OF EMOTIONAL SUPPORT FOR GETTING THROUGH STRESSFUL TIMES

TRY THIS RIGHT NOW

IN ONE STUDY, PRACTICING MEDITATION DAILY FOR 8 WEEKS REDUCED STRESS IN SENIOR MED STUDENTS BY 20%



BREATHE COMFORTABLY



ACKNOWLEDGE EACH THOUGHT AND LET IT FLOAT PAST YOU



DO IT FOR 10 MINUTES

Upcoming Events

LET'S TALK: Let's Talk is a drop-in space where you can have a brief, confidential, one-time chat with a professional CAPS counselor. No appointment needed! Let's Talk is held four times a week from 1 to 3 pm at different locations in fall, winter, and spring, except holidays and finals weeks. All registered undergrad and grad UCSC students are welcome at all locations of Let's Talk. For more info, visit our [website](#) or call (831) 459-2628.

TRANS, NON-BINARY, GENDERQUEER, & GENDER QUESTIONING STUDENT SUPPORT GROUP: This weekly drop-in group provides a welcoming environment and support to discuss topics of interest brought up by group members. Wednesdays from 3:30 to 4:30 pm at the CAPS Central Office Group Room. Call group facilitator, Lain Lease, L.M.F.T., at (831) 459-1476 for more info.

PSYCHIATRY 101 WORKSHOPS: These one-time workshops, offered several times a quarter, provide information about medications for mental health issues and psychiatry resources on and off campus. Sign-up and referral by a therapist or medical doctor are required. For more info, visit our [website](#) or call (831) 459-2628.

BUILDING RESILIENCY: A walk-in group for undocumented and mixed-status students. An environment that provides a safe and confidential space to process topics of interest selected by students, offers support, and addresses the importance of self-care. Wednesdays 5:30 to 7:00 pm (starting April 17th), EOP Conference Room, Academic Resources Center. Call group facilitator, Erica Lopez, L.M.F.T., at (831) 459-2572 for more info.

PARENT-STUDENT SUPPORT GROUP: A supportive environment for those struggling with the unique challenges of parenting while being a student. Children up to age 1 year welcome with parent. Meeting three Mondays (4/15, 5/13, and 6/3) from 1 to 2:30 p.m. at Family Student Housing #712, Family Center. Call group facilitator, Susan Gulbe Walsh, Ph.D., at (831) 459-2377 for more info.

ANXIETY TOOLBOX: This three-part workshop series gives you information and coping tools for managing anxiety and stress. Meets for three hour-long sessions that build on each other and offered at multiple times throughout the quarter. Check our [website](#) to learn more and see the schedule, or call for more info at (831) 459-2628.

Continued from p. 2

Stretch your shoulders: Stand or sit up straight in your chair, with your shoulders down. Keeping your head and neck stable, slowly roll your shoulders forward, up, and then back to complete a full circle. Concentrate on creating as large a circle as possible without scrunching your shoulders toward your ears. Repeat the circle 10 times in one direction and then 10 in the opposite direction.

Stretch your ankles and feet: Sit comfortably in your chair and place your right ankle on your left knee. Slowly circle your right foot clockwise 20 times, then counterclockwise 20 times. Repeat with the left foot.

Stretch your back and chest: Sit or stand up tall with your arms out to the side, elbows bent, palms forward, and fingers pointed toward the ceiling. Keeping your spine straight, press your arms back until you feel a slight stretch in your chest and shoulders. Hold this for 30 seconds, then rest. Do this 10 times.

Stretch your forearms and hands: Extend your right arm in front of you with your palm facing forward and your fingers pointed to the ceiling. Use your left hand to gently stretch your right hand's fingers and palm back toward you as far as they will go without discomfort or pain. Hold that position for 30

seconds, rest, and repeat on your left hand.

Rest your eyes: Take your gaze away from electronic screens. Keeping your head still (just moving your eyes), look up for 10 seconds, look to the left for 10 seconds, then look to the right for 10 seconds. Close your eyes while breathing deeply for 20 to 30 seconds.

Adapted from Real Simple, March 27, 2019; <https://www.realsimple.com/health/fitness-exercise/stretching-yoga/stretch-at-work>.