

Mental Health Awareness Week Presentation: Managing Stress & Anxiety: LSU School of Veterinary Medicine

Presenter: Carrie Tucker, LCSW, Counselor -Wellbeing Services, Office of Admissions and Student Success

Presentation to students, faculty, and staff focused on ways to manage stress and anxiety in everyday life.

The presentation will review the 4 R's of anxiety management:

- 1) Recognizing signs of stress & anxiety: participants will be able to identify physical, emotional & behavioral signs of stress and anxiety.
- 2) Relaxation: participants will learn ways that the relaxation response is used to counter the stress/fight or flight response. This will include ways in that the brain reacts in response to stress and anxiety.
- 3) Reassured Thinking: participants will learn how our thoughts impact our response to stress events and how to reframe alarming or self-critical thinking with reassured thinking to reduce stress.
- 4) Relating Assertively: Participants will learn ways that assertive communication helps us to articulate our wants and needs in ways that protect relationships. These skills can often lead to reduced stress in interpersonal relationships.