Today - 90 minutes!

- Sustainable commitment - what is that and why is it a challenge?
- Early symptoms and vulnerability
- Restoration
- Remaining healthy - Strategies
Student commitment challenges - Stress-vulnerability model

- Socioeconomic situation and the context you’re in
  - Demand
  - Control
  - Support

- Thoughts
- Emotions
- Adaptation

- Biology, life story, personality...

- Experience of stress and illness
It’s functional!

Establishing operations (new in town, feeling lonely)

Situation(S)  →  Behaviour  →  Consequences

On the way home to study
(exam next week),
head of fraternity ask if you can
work in the bar tonight.
(It’ll help out a lot)

Behaviour: says yes

Consequences:

**short term:**
- social reinforcement from head of fraternity
- feeling appreciated
- having a fun evening meeting new people

**long term**
- more worry about the exam and when to study
- feelings of stress next day
- no training in more long term strategies
Signs of stress

Bodily symptoms
- Headache
- Sleeping disorder
- Continuous tiredness
- Restless
- Stomach ache

Cognitive symptoms
- Difficult concentrating
- Worse memory
- Easy to get caught in negative thinking

Psychological symptoms
- Anxiety
- Worry
- Irritable
- Lacking patience
- Feelings of hopelessness
- Depression
Model for maintenance

CHANGING DEMANDS AND/OR LESS PERSONAL RESOURCES

INCREASED EFFORT TO MANAGE THE DEMANDS

Feelings:
- anxiety
- sadness
- anger
- shame
- guilt
- fear
- bitterness

Thoughts:
- worrying thoughts
- dichotomous thinking
- thoughts of being useless
- thoughts of hopelessness

Behaviors:
- bad sleeping behaviors
- bad eating behavior
- passivity
- avoidance behavior
- smoking
- alcohol

Physiological reactions:
- tension
- stomach problems
- nausea
- high blood pressure
- palpitation
Remaining healthy – Restoration

Stressors, e.g.
- Changes in life
- Sickness
- Negative thoughts
- Conflicts
- High workload/demands
- Social media
- Alcohol, koffein, narcotics

“Energy leakage”, e.g.
- Stressful behaviors
- Ruminations
- Perfectionistic behaviors
- Performance-based self-esteem

Well-being
- Performance
- Reduced vulnerability

Individual symptoms and signs
- Reduced performance
- Reduced well-being
- High tension level
- Increased vulnerability

Commitment?
Individual Strategies

- Problem solving
- Assertiveness-skill
- Planning - adjusting schedule to available time
- Restoration
- Self-observation
- Connecting with your values
- Connecting with your senses
Let’s practice
Remaining healthy
- Recognizing stressful thoughts.
Remaining healthy – Knowing your values
Knowing your values
Remaining healthy
- Connect with your senses
# Problem-solving

Define and break down the problem and the goal you want to reach

<table>
<thead>
<tr>
<th>Problem:</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal:</td>
<td></td>
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</tbody>
</table>

List all potential solutions and evaluate with pros and cons

<table>
<thead>
<tr>
<th>Potential solutions:</th>
<th>2</th>
</tr>
</thead>
</table>

Choose the optimal solution

| Optimal solution: | 3 |

Create a plan of action

| Step-by-step plan: | 4 |

Evaluate your solution

| What has been achieved? What still needs to be done? | 5 |

Think about **SMART** goals:

- **S**pecific
- **M**easurable
- **A**ccepted
- **R**ealistic
- **T**emporally
Remember

- Anxiety increases with stress
- Long-term stress can lead to depression
- Too active → calm down
- Stabilizing factors; routines, sleep, food, exercise
- Calm activities before sleep
- Avoidance can increase stress
  - approach in small steps, problem solve
- Ask for help if it doesn’t get better with your own strategies
Remember

• The short terms consequences are often the opposite of the long term i.e alcohol, smoking.

• Think about your associations. Don’t condition all environments to stress and vice versa make sure your condition some environments to restoration at least the bed.

• Don’t underestimate the importance of social support
If you want to know more

https://www.1177.se/Stockholm/Fakta-och-rad/Sjukdomar/Stress/
https://www.helpguide.org/home-pages/stress.htm
https://www.vgregion.se/ov/ism/
https://www.stressforskning.su.se/