

Healthy Students Healthy School Healthy Future OR De-Stress for Success

32nd Annual CAPPs Conference

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What is STRESS?

AND WHY IS IT RELEVANT FOR HEALTHY FUTURE OF SCHOOLS?



Healthy School is the one with...

- ▶ High retention
 - ▶ Student Satisfaction
- ▶ Low Retention = High Attrition



Healthy Schools are those with low attrition rates

- ▶ **Root causes of attrition:**

- ▶ **Academic Roots:**

- ▶ Inadequate preparation
 - ▶ Disinterest/boredom



**NURSING
SCHOOL:**



**WHEN YOU'RE
BEHIND BEFORE
SEMESTER
EVEN STARTED**

Healthy Schools are those with low attrition rates

- ▶ Root causes of attrition:

- ▶ Motivational Roots:

- ▶ Low level of commitment
 - ▶ Low initial commitment
 - ▶ Competing external commitments
 - ▶ Perceived irrelevance of experience
 - ▶ Relevance to “real life”
 - ▶ Pertinence to personal/professional plans



**MOTIVATION TO FINISH
COLLEGE**



AAAAND IT'S GONE

memegenerator.net

Healthy Schools are those with low attrition rates

- ▶ **Root causes of attrition:**

- ▶ **Psychosocial Roots:**

- ▶ Social Factors

- ▶ Isolation

- ▶ Incompatibility

- ▶ Emotional factors

- ▶ Adjustment difficulties

- ▶ Frustration with process

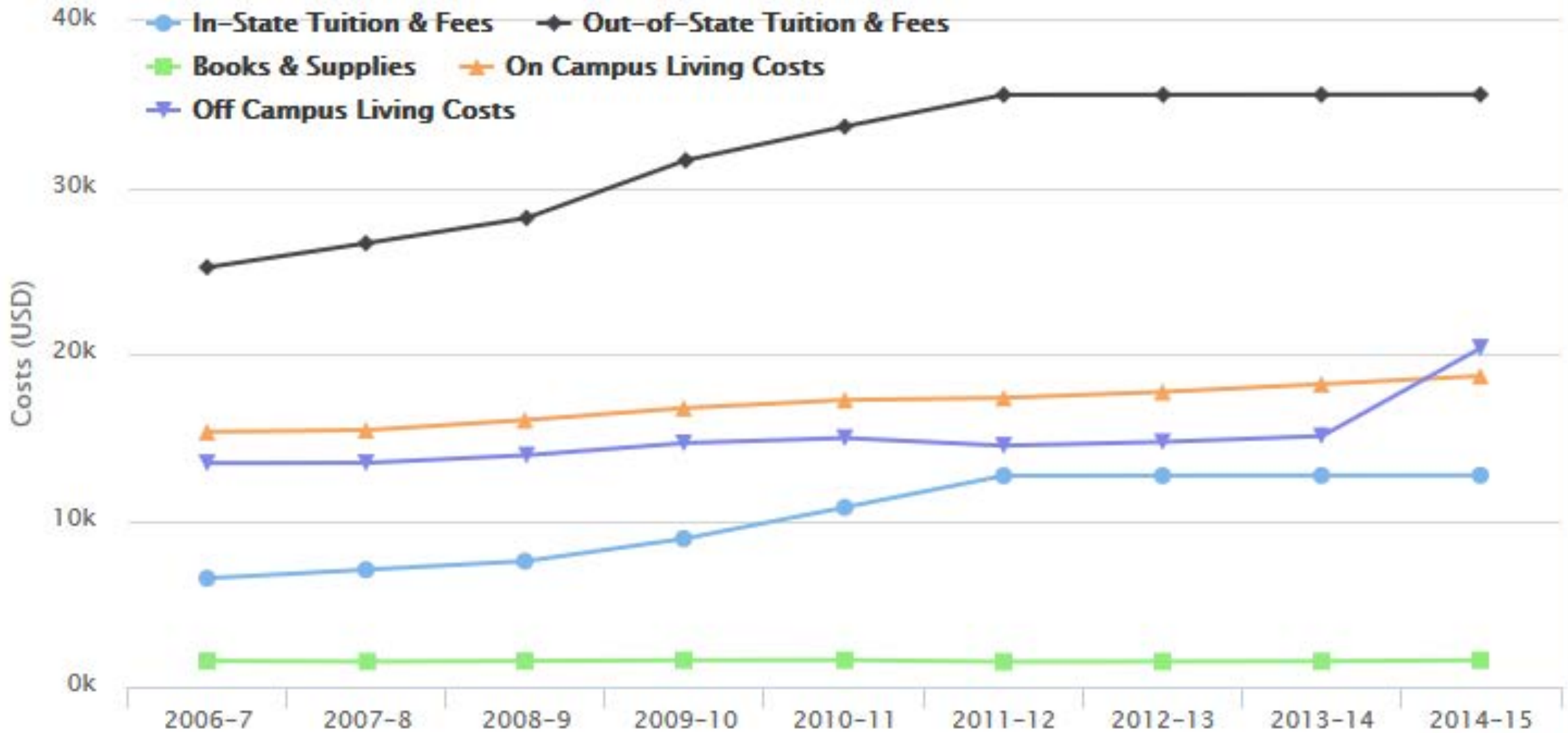


Healthy Schools are those with low attrition rates

- ▶ **Root causes of attrition:**
 - ▶ **Financial Roots:**
 - ▶ Inability (real or perceived) to afford the cost of tuition
 - ▶ Perception that cost outweighs benefits

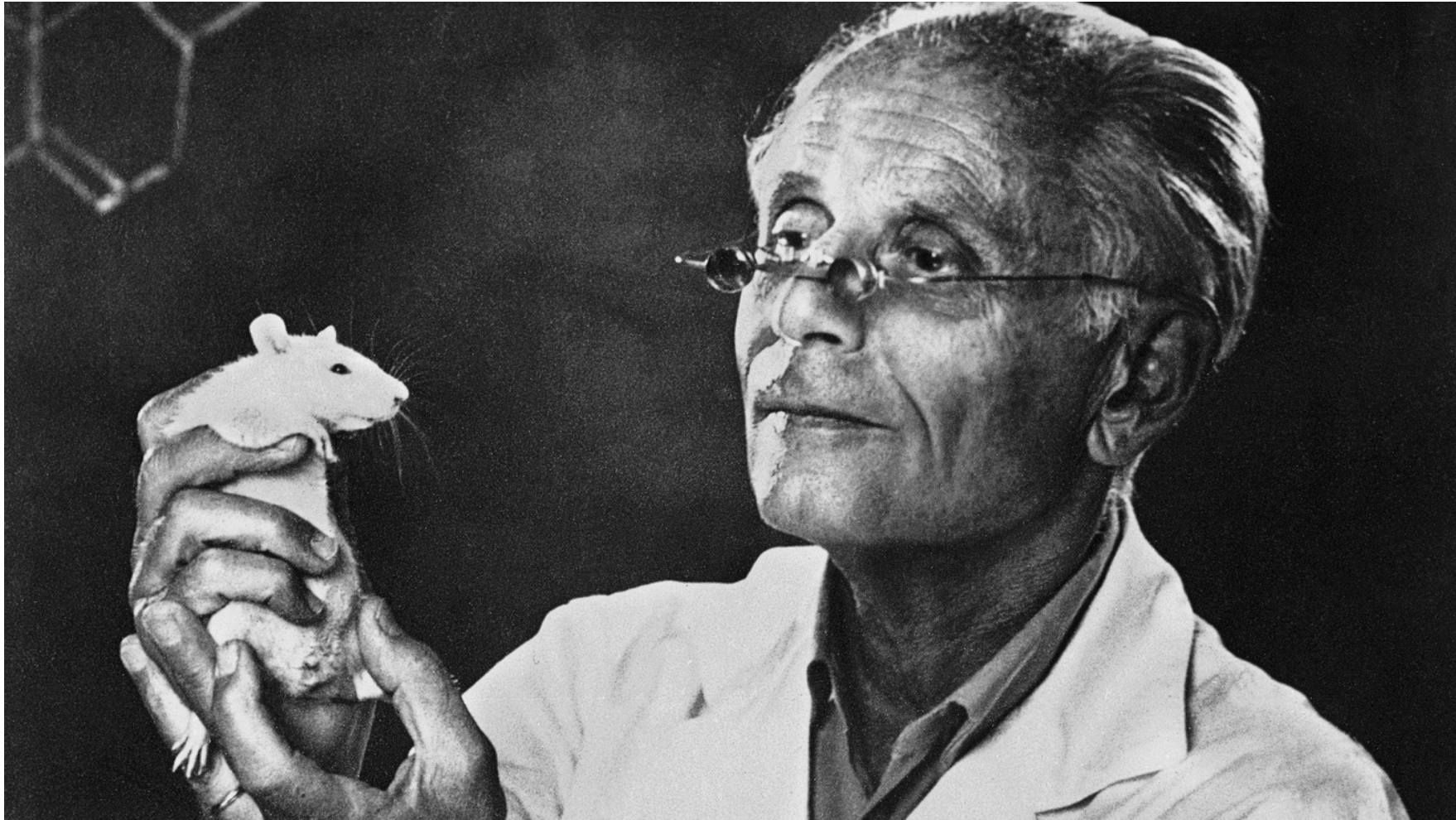


University of California–Los Angeles Tuition Trends



What is STRESS?

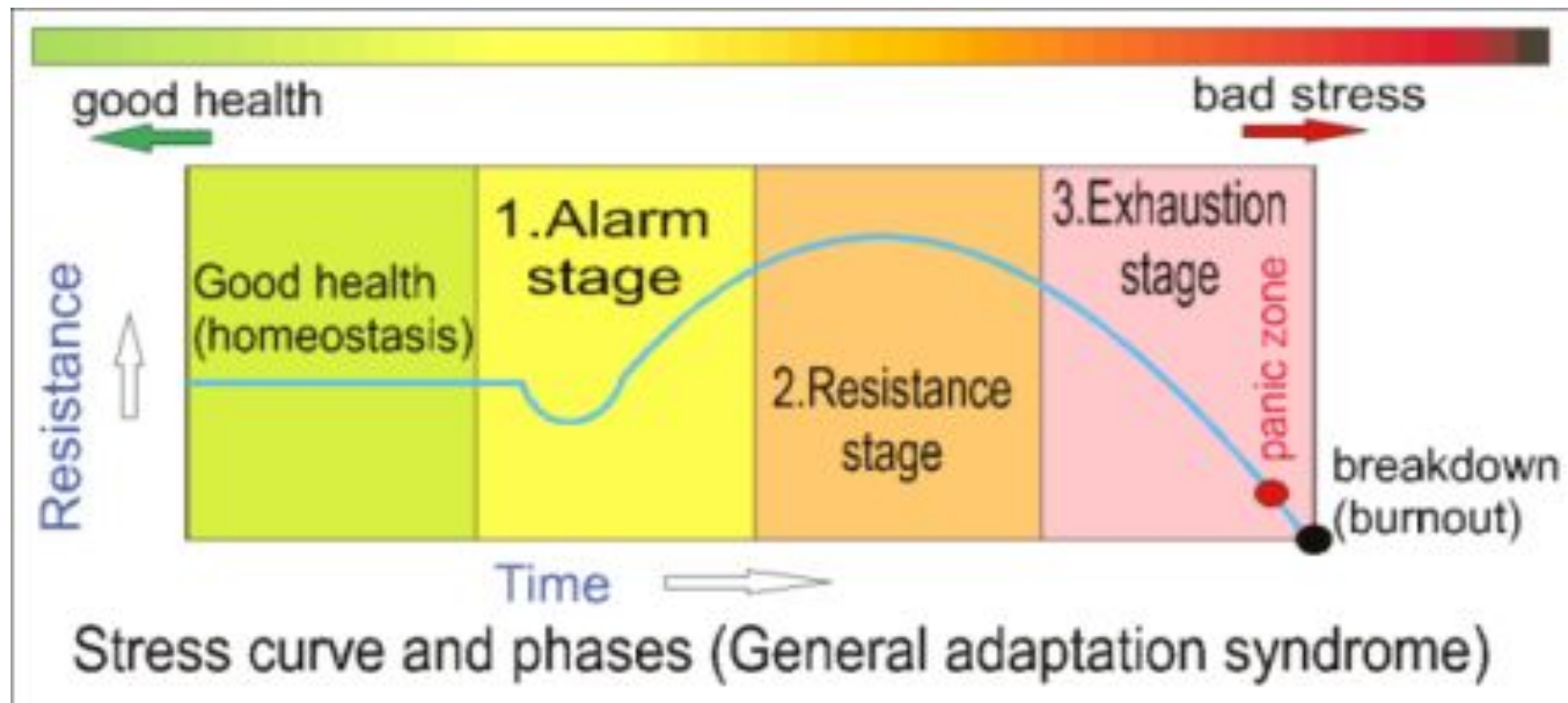




Hans Selye (1907-1982)

What is STRESS?

Discovery of stress and General Adaptation Syndrome by Hans Selye:





Every stress leaves an indelible scar,
and the organism pays for its
survival after a stressful situation by
becoming a little older.

— *Hans Selye* —

AZ QUOTES

GOOD Stress (Eustress) vs. BAD Stress (Distress)



“It’s all in your head!”

“Adopting the right
attitude can convert a
negative stress into a
positive one.”

:- Hans Selye

www.SMSandQUOTES.com

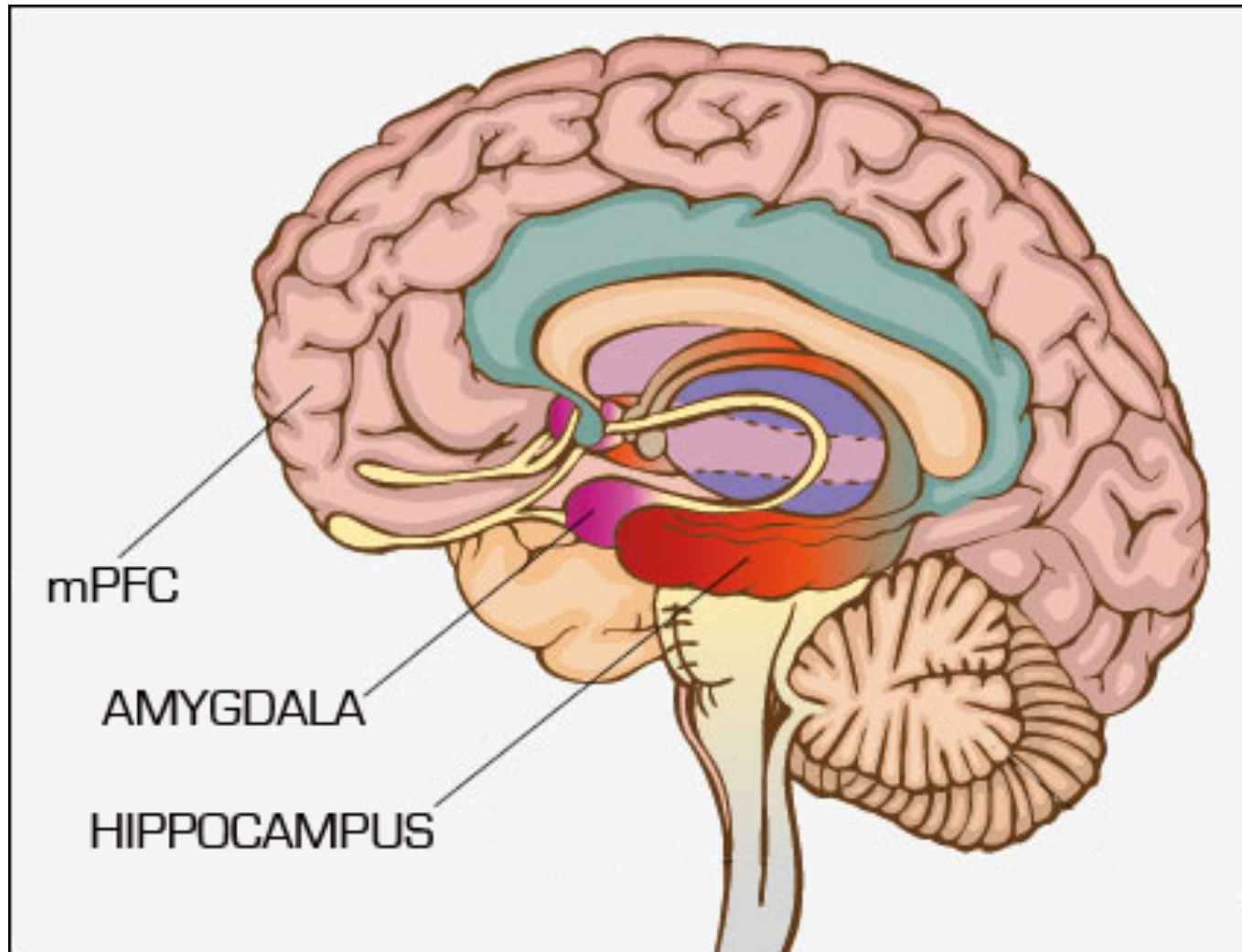


**ITS NOT STRESS THAT
KILLS US, IT IS OUR
REACTION TO IT.**

QUOTEHD.COM

Hans Selye
Canadian Scientist

It IS all in your head!





Wired for SURVIVAL

- ▶ The 6 main emotions programmed from birth:



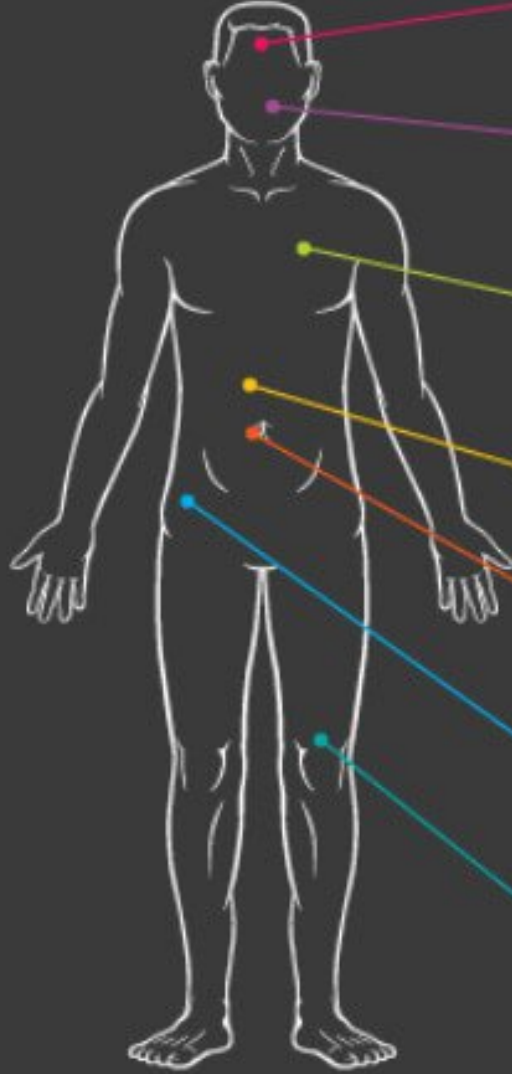
Physical Stress vs. Emotional Stress

Physical Stress	Emotional Stress
Food Deprivation Sleep Deprivation Chemical Insults Physical Insults Disease Infection	Negative Emotions: Fear Anger Disgust Surprise/Shock Sadness

Effects on the body: short-term

- ▶ Irritability
- ▶ Mood swings
- ▶ Sleep disturbance
- ▶ Suppressed immunity
- ▶ Frequent infections
- ▶ Poor information retention
- ▶ Impaired performance





**FATIGUE
REDUCED CONCENTRATION
DECREASED MOOD**



**CHANGES IN SKIN TEXTURE
LOSS OF SKIN TONE
LOSS OF MOISTURE
THINNER & MORE DELICATE SKIN**



**NARROWING OF ARTERIES
INCREASED BLOOD GLUCOSE**



**DECREASED NUTRIENT ABSORPTION
ALTERATIONS IN GUT MOTILITY
CHANGES IN MICROBIOME
LEAKY GUT**



DECREASED IMMUNITY



**HORMONAL IMBALANCES
INCREASED CORTISOL**



MUSCLE PROTEIN BREAKDOWN

Effects on the body: long-term

CHRONICALLY ELEVATED CORTISOL WILL CAUSE:

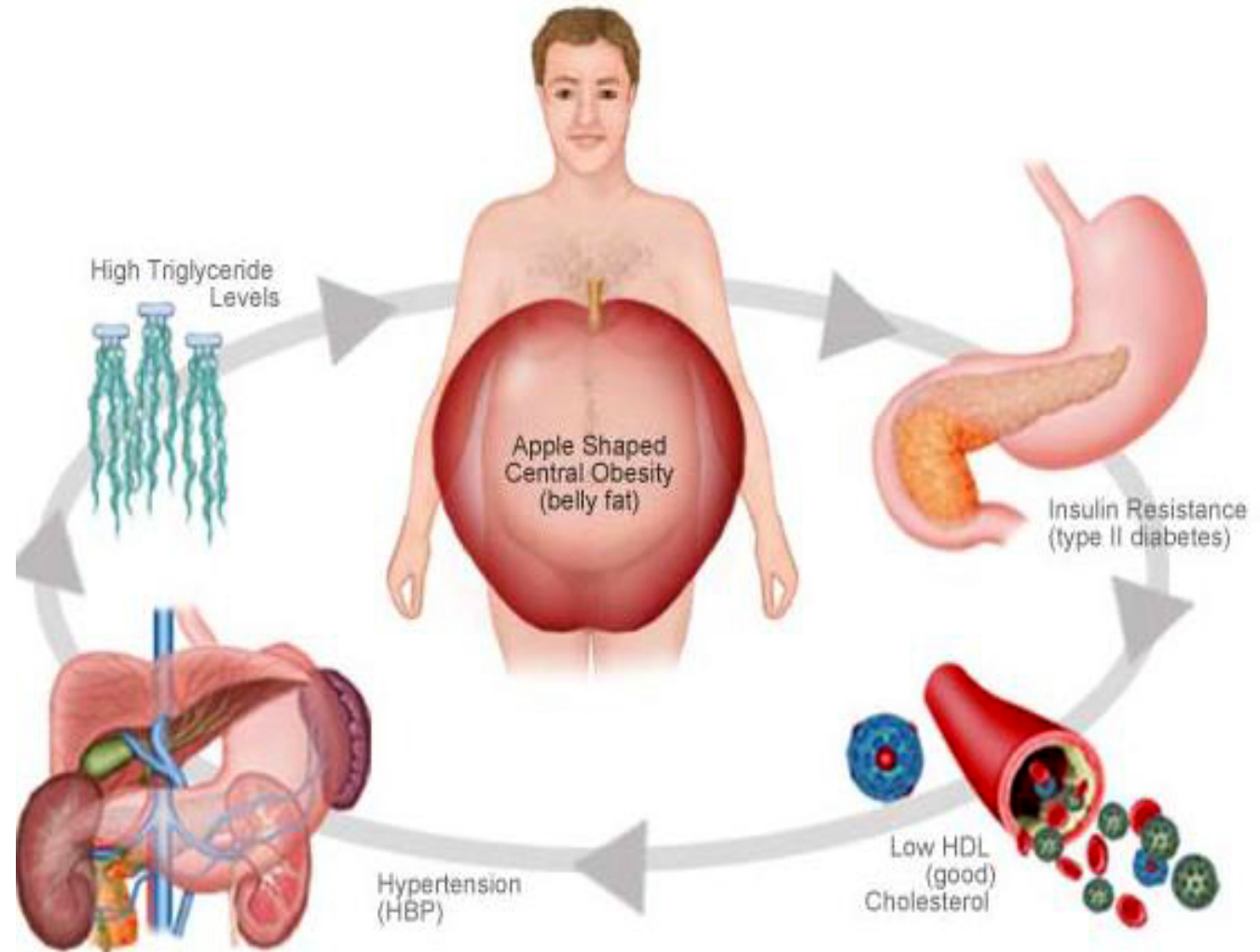
- ▶ Weight gain
 - ▶ Cortisol influences glucose metabolism
 - ▶ Cortisol-induced gluconeogenesis by breakdown of muscle protein
 - ▶ Cortisol-stimulated Insulin release, cellular glucose uptake and adipogenesis
 - ▶ Mid-torso obesity (apple-shaped body type)
 - ▶ Think: Cushing Syndrome



Effects on the body: long-term

CHRONICALLY ELEVATED CORTISOL
WILL CAUSE:

- ▶ Metabolic Syndrome :
 - ▶ Chronically elevated Cortisol -> Altered Glucose Metabolism
 - ▶ Chronically Elevated Blood Glucose -> Chronically Elevated Insulin -> Insulin Resistance
 - ▶ Elevated Serum Triglycerides
 - ▶ Pre-Diabetes



Effects on the body: long-term

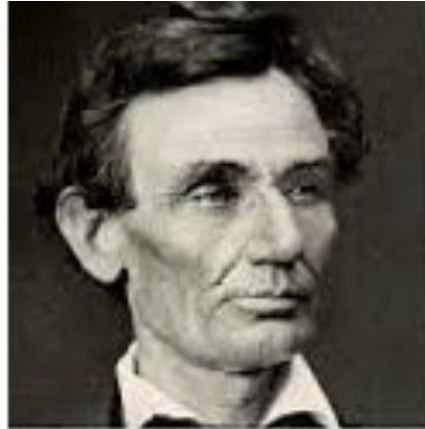
► PREMATURE AGING:



Obama in 2008



Obama in 2012



1860

Abraham Lincoln



1865



1992



2000



2000



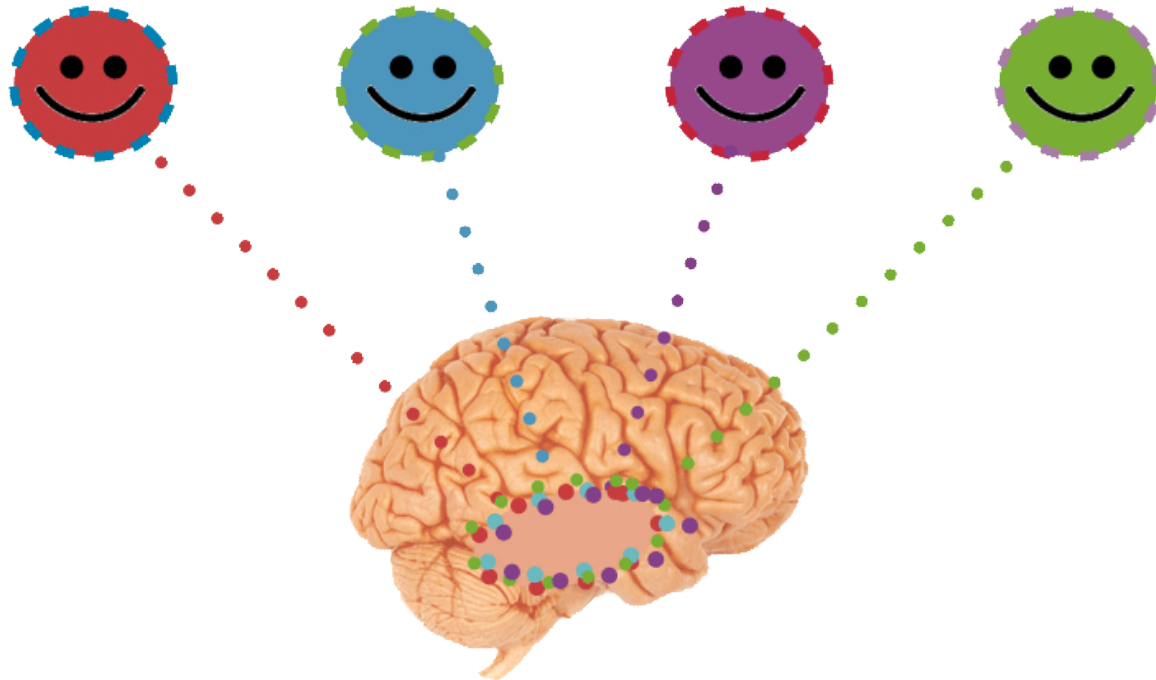
2008

Effects on the body: long-term

CHRONICALLY ELEVATED CORTISOL WILL CAUSE:

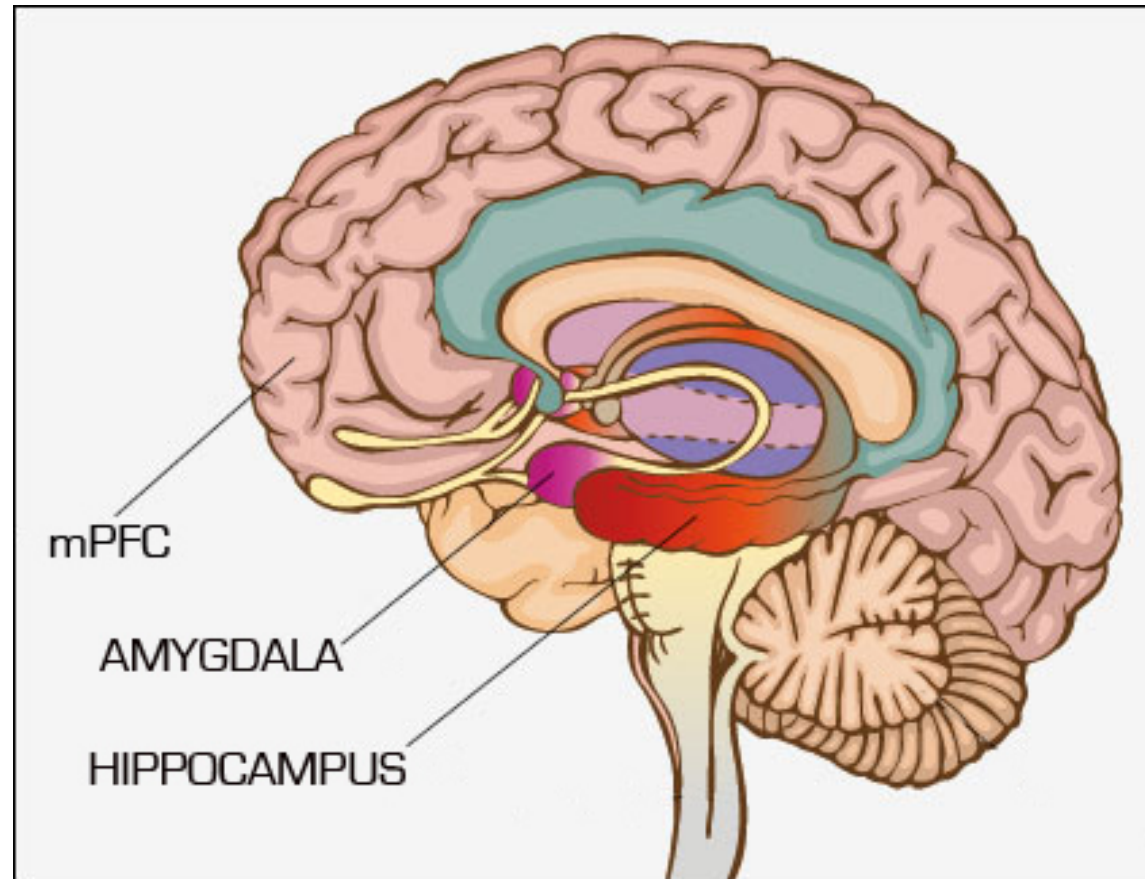
- ▶ Suppression of “Happy Neurotransmitters” production, which keep your brain young:

dopamine **endorphin** **oxytocin** **serotonin**



Effects on the body: long-term

High Cortisol, Low Serotonin and Oxytocin -> faster aging Frontal Lobe



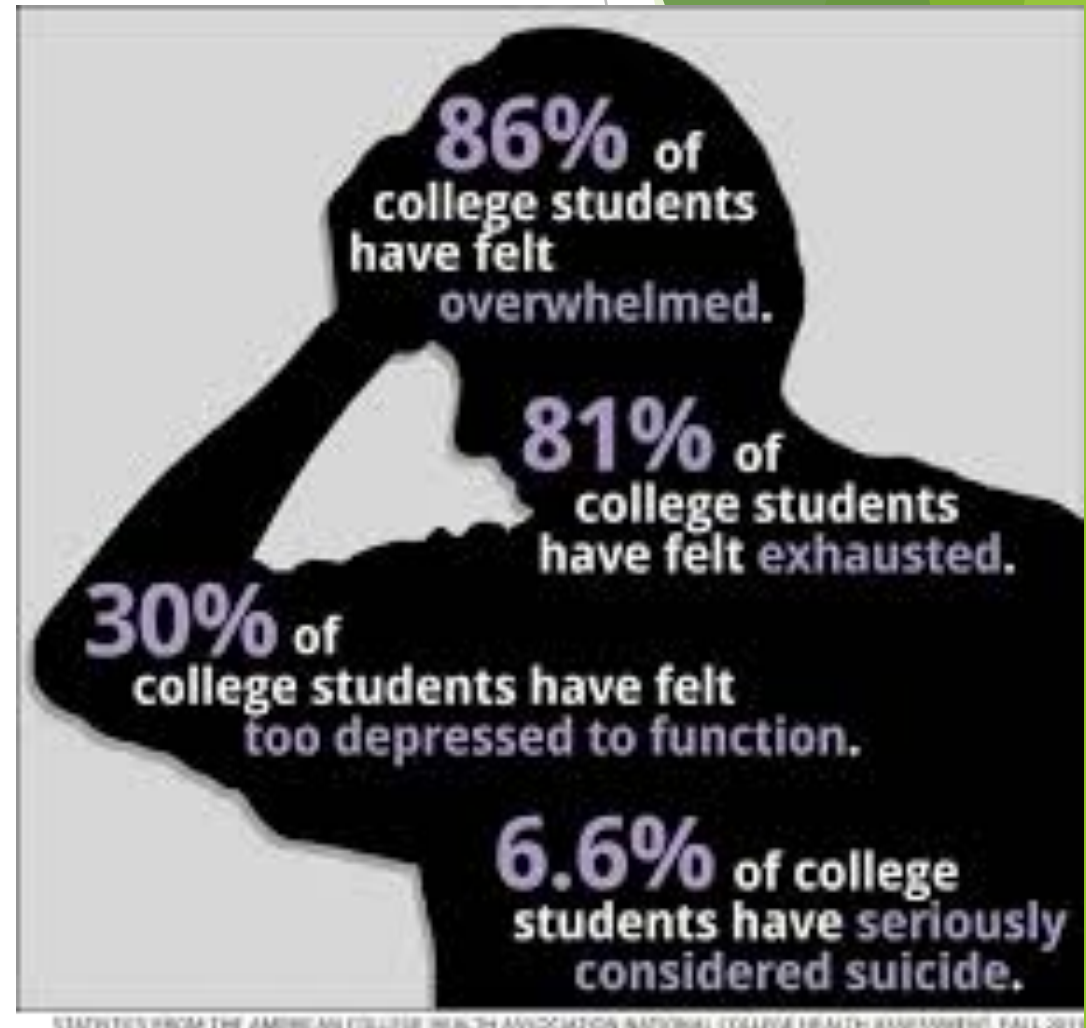
Effects of Chronic and Acute stress on College Students



Effects of Chronic and Acute stress on College Students

(besides the physiological effects named)

- ▶ Information retention
- ▶ Academic performance
- ▶ Overall attitude and behavior





Causes of stress in College Students:

- ▶ Sleep deprivation
- ▶ Performance anxiety
- ▶ Lack of feeling “in-control”
- ▶ Poor coping mechanism
- ▶ Poor diet choices

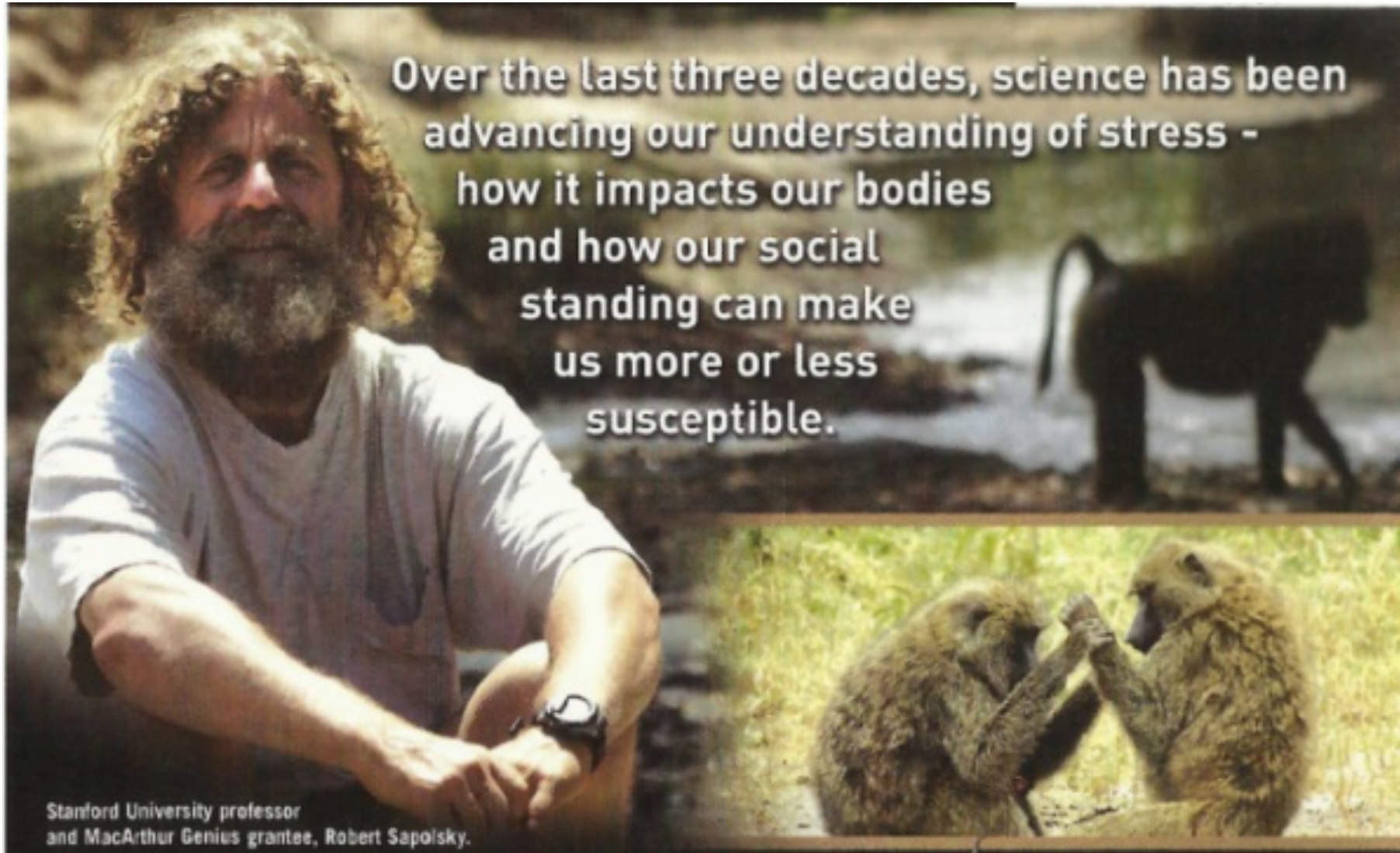


Professor Robert Sapolsky and Baboons

- ▶ Study of effects of stress on baboons' physiological measurable parameters
- ▶ Place in the hierarchy of society vs. stress level
- ▶ In-control = less stress, Lack of control = more stress



Dr. Sapolsky and Baboons



Feeling “In-Control” reduces stress

- ▶ What schools can do to empower students to feel more “in control”
 - ▶ Provide clear expectations of the program and courses ahead: Orientation!
 - ▶ Extended Orientation
 - ▶ “Front-loading”
 - ▶ Start preparing for job placement months before the program’s end



Feeling “In-Control” reduces stress

- ▶ What schools can do to empower students to feel more “in control”
 - ▶ Start preparing for licensure/board examination from day 1 of the program (ex: NCLEX Integration)
 - ▶ Make it PART of the program
 - ▶ Incorporate into the core classes



Feeling “In-Control” reduces stress

- ▶ What schools can do to empower students to feel more “in control”
 - ▶ Student Services
 - ▶ Academic Counseling
 - ▶ Student Body Government
 - ▶ Voice concerns
 - ▶ Graduation Planning
 - ▶ Part of Advisory Boards
 - ▶ Mid-Course and Self Evaluations



STUDENT SELF-EVALUATION*(5= Exceptional; 3=Average; 1=Poor)*

Attendance & punctuality	5	4	3	2	1
Professionalism; active class participation	5	4	3	2	1
Clarity in written communication	5	4	3	2	1
Ability to work well with others	5	4	3	2	1

STUDENT COMMENTS:

STUDENT SIGNATURE _____

DATE _____

INSTRUCTOR EVALUATION

Current Grade: _____

Dates of Absences: _____

Attendance & punctuality	5	4	3	2	1
Professionalism; active class participation	5	4	3	2	1
Clarity in written communication	5	4	3	2	1
Ability to work well with others	5	4	3	2	1

INSTRUCTOR COMMENTS:

INSTRUCTOR SIGNATURE _____

DATE _____

MANDATOR PLAN OF ACTION FOR ACADEMIC/DISCIPLINARY PROBATION *** Students with < 75% in course or 2 or more absences **MUST** have recommended plan of action completed by instructor.

PLAN OF ACTION: (Attach sheet if necessary)

STUDENT SIGNATURE _____

DATE _____

INSTRUCTOR SIGNATURE _____

DATE _____

I agree and understand the above and have met with Associate Program Director/Program Coordinator

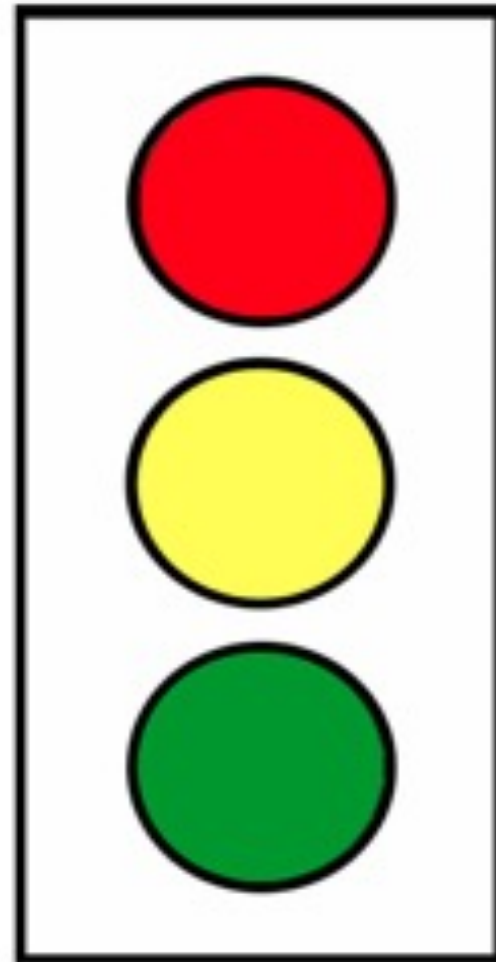
STUDENT SIGNATURE _____

DATE _____

PROGRAM COORDINATOR /ASSOCIATE PROGRAM DIRECTOR _____

DATE _____

Self-Evaluation on the daily basis:



I don't get it!
I need some
help
understanding.

I think I
understand
but I need a
little support.

I understand
and can try
this on my
own.

how
are you
doing?

Stress vs. Distress

- ▶ Anger as expression of Stress
- ▶ Aggressive behavior = more stress for the aggressor too!
 - ▶ Extended duration of stress response on the body
 - ▶ Express or repress?



10 WAYS TO REDUCE STRESS for college students

- ▶ 1. Get enough sleep
 - ▶ Educate your students about the importance of down time for better information retention and academic performance
 - ▶ Provide a quiet room for students to take breaks or take power naps





A photograph showing the lower legs and feet of a man and a woman walking through a field of tall, green grass. The man is on the left, wearing khaki shorts, and the woman is on the right, wearing a white dress. The background is a clear, light blue sky. The text is overlaid on the right side of the image.

A Natural
Way to
Reduce
Stress and
Improve
Sleep

10 WAYS TO REDUCE STRESS for college students

- ▶ 2. Eat well
 - ▶ Educate your students about the importance of the right nutrition for the brain and proper functioning.
 - ▶ Provide healthy food service, if possible.



**“Cucumber slices instead of pepperoni,
vinegar instead of cheese, lettuce
instead of crust — it’s diet pizza!**

I thought "Clean Eating" was
devouring cupcakes while
mopping the floor.



10 WAYS TO REDUCE STRESS for college students

- ▶ 3. Get out and get some sunshine
 - ▶ Teach students about the importance of natural light to fight negativity and depression:
 - ▶ In the dark: serotonin -> melatonin (natural brain suppressor)
 - ▶ Bright light = more serotonin and dopamine = feel more happy





10 WAYS TO REDUCE STRESS for college students

- ▶ 4. Exercise and have fun!
 - ▶ Exercise induces endorphins release = happy feeling, counteracts the effects of cortisol
 - ▶ Provide access to exercise equipment or organize group exercise activities





10 WAYS TO REDUCE STRESS for college students

- ▶ 5. Get emotional support
 - ▶ Organize student-body government, where students can voice their concerns
 - ▶ Student Services and Advisers must be available to provide emotional support
 - ▶ Instructors = first hand support team!





DigMy Dog

10 WAYS TO REDUCE STRESS for college students

- ▶ 6. Do FUN things!
 - ▶ Work on your hobby
 - ▶ Organize fun activities involving creativity:
 - ▶ Halloween costume contest
 - ▶ Christmas ugly sweater day
 - ▶ School BBQ day
 - ▶ Funny hat/hair day
 - ▶ Potlucks!
 - ▶ Boost serotonin and dopamine release to counteract cortisol effects.





10 WAYS TO REDUCE STRESS for college students

- ▶ 7. Take a break and breathe
 - ▶ Get out of town, go to your “happy place”
 - ▶ Allow yourself to relax - you will be more productive when you get back
 - ▶ Get some “head space,” Meditate
 - ▶ Practice Mindfulness
 - ▶ Progressive Relaxation





Mind Full, or Mindful?

10 WAYS TO REDUCE STRESS for college students

- ▶ 8. Choose your thoughts:
 - ▶ Think Positive!
 - ▶ Think of 3 things you are grateful for
 - ▶ Think of 3 things you are proud of
 - ▶ Start your “wall of gratitude”



THERE IS -♥-
always
ALWAYS
something to be
THANKFUL FOR



10 WAYS TO REDUCE STRESS for college students

- ▶ 9. Boost your Oxytocin in the brain:
 - ▶ Hang out with your friends
 - ▶ Play with your pets
 - ▶ More Oxytocin -> More Serotonin -> more happy and calm
 - ▶ Counteract effects of stress









10 WAYS TO REDUCE STRESS for college students

- ▶ 10. Human touch:
 - ▶ Get a massage
 - ▶ Give a hug







Chances are, you are already doing many of these things...



References:

- ▶ Please give me your email address and I will send you the supporting articles