

Symptoms of Stress

Stress is one way that our bodies respond to the various demands of our lives. A little bit of stress is normal and can be healthy; it keeps us productive, motivated, and engaged. However, too much stress can result in serious physical, emotional, and behavioral symptoms. Below is a list of common symptoms of stress – everyone experiences stress in different ways.

*In order to learn how to manage stress, it is important to identify your specific signs/triggers that lead to stress.

Behavioral	Emotional	Physical
<ul style="list-style-type: none">▪ Increase in substance use (alcohol/drugs)▪ Isolation or withdrawing from others▪ Avoidance of responsibilities▪ Procrastination▪ Loss of motivation▪ Grinding teeth▪ Loss of appetite or overeating	<ul style="list-style-type: none">▪ Fluctuations in mood▪ Decreased sex drive▪ Increase in frustration, irritability, or anger▪ Anxiety: Increase in worry▪ Sadness or symptoms of depression▪ Low self-esteem	<ul style="list-style-type: none">▪ Fatigue▪ Difficulties falling asleep▪ Chest pain▪ Muscle tension▪ Headaches or migraines▪ Nausea / Indigestion▪ Profuse or increased sweating▪ Shoulder, neck, or back pain

Stress may also manifest through **thought processes (cognitive)**:

- “I can’t do this”
- “I’m going to fail”
- “I always mess up”
- “This is too much, I can’t handle it”
- “I’m never going to pass”

Identify your Stress

1. Identify ways you experience stress (behavioral, emotional, physical, cognitive).

Behavioral	Emotional	Physical	Thoughts (Cognitive)
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪
▪	▪	▪	▪

2. How do you currently manage your stress?

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3. What three things can you do today to help ease some symptoms of stress?

i.

ii.

iii.



Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain and practice self-care. Mark what you currently practice, and think about areas you would like to actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

How often do you engage in the activity listed:

3 = Frequently

2 = Occasionally

1 = Rarely

0 = Never/It never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini-vacations
- Make time away from phones, TV, internet
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to school/work
- Do something at which you are not expert or in charge
- Decrease stress in your life
- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, auction, theater performance
- Practice receiving compliments or gratitude from others
- Be curious
- Say “no” to extra responsibilities
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests, volunteer
- Spend time with loved ones
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Have experiences of awe
- Contribute to causes in which you believe
- Reach inspirational literature (talks, music)
- Other:

Workplace/School or Professional Self-Care

- Take a break during the work/school day (e.g. lunch)
- Take time to chat with colleagues or peers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with your co-workers or group partners/friends
- Balance your day so that no one day or part of a day is “too much”
- Arrange your work/school space so it is comfortable and comforting
- Negotiate for your needs (benefits, grade change, extra credit)
- Have a peer support group
- Other:

Balance

- Strive for balance within your work-life and work day
- Strive for balance among work, family, relationships, play and rest



4. What solutions can you come up with to address the obstacles you listed?

(I could look for discounted or free exercise classes at a local Center or online. I could free up time for myself by cutting back on time watching TV.)

I could . . .

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-
-
-
-

5. Take a moment to reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

(Today, I commit to exercising daily. I want to do this because I want to improve my flexibility, learn a new skill, and have some time for myself each week. I will accomplish this by finding and enrolling in a free or low-cost class, watching less TV, and asking for support from others.)

Today, I commit to . . .

I want to do this because . . .

I will accomplish this by . . .



Reflection of the DAY

Monday	<p>Something I did for myself today was...</p> <p>Today was pleasant because...</p> <p>I am thankful for...</p>	
Tuesday	<p>Today I had fun when...</p> <p>I had a positive experience with...</p> <p>I felt good about myself when...</p>	
Wednesday	<p>Today I accomplished...</p> <p>I was of proud of myself when...</p> <p>What made me smile today was...</p>	
Thursday	<p>The most beautiful thing I saw today was...</p> <p>I felt proud when...</p> <p>Today was a good day because...</p>	
Friday	<p>A positive thing I experienced was...</p> <p>Today I am happy that...</p> <p>I feel excited about...</p>	
Saturday	<p>My favorite part of today was...</p> <p>Today, I am appreciate of...</p> <p>Something I did well today was...</p>	
Sunday	<p>I felt good about myself when...</p> <p>Today I achieved...</p> <p>I felt happy when...</p>	

Online Resources

UCLA Mindful Awareness Research Center

uclahealth.org/programs/marc

Meditation Oasis

meditationoasis.com

Mindful

mindful.org

UC San Diego Center for Mindfulness

health.ucsd.edu/specialties/mindfulness

Apps for your Smartphone, Tablet, or Computer

ACT Coach — Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding/being controlled by them. Learn exercises, tools, information, and practice with tracking logs.

Breathe2relax — Stress management tool provides detailed information on the effects of stress on the body with practice exercises to help you learn a stress management skill called 'diaphragmatic breathing'.

CBTi-Coach — Learn the process of sleep, positive sleep routines, and improve sleep environments. This structured program will teach strategies to improve sleep and help alleviate symptoms of insomnia.

Mindfulness Coach — Learn how to reduce stress, improve emotion regulation, increase self-awareness, manage anxiety/depression, and cope with chronic pain through the practice of Mindfulness.

Mindshift — Learn skills to manage everyday anxiety. Develop helpful ways of thinking and learn tools to tackle: Sleep, Intense Emotions, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

T2 Mood Tracker — Monitor and rate your mood on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being) or build your own custom scale. The ratings will be displayed on graphs to help you track your mood over time.

Take a break! — Enjoy and learn the deep relaxation, stress relief and benefits of meditation. Choose from two audios: Work Break Relaxation (7 min.) or Stress Relief Meditation (13 min.), and listen with or without music/nature sounds.



Santa Ana College Off-Campus Resources

In the event of an emergency, contact campus safety (714) 564-6330 or dial 911.

CRISIS CONTACTS/HOTLINES

- **Suicide and Crisis Lifeline (24/7)**
988; 988lifeline.org/
- **Orange County 24-Hour Crisis Hotline**
(877) 727-4747
- **Sexual Assault/Rape Crisis Hotline**
(800) 656-4673
(714) 957-2737
- **National Alliance On Mental Illness (NAMI) Warmline for emotional support**
(714) 991-6412
*Live Chat available through
www.namio.org/oc-warmline
- **National Drug/Alcohol Abuse Hotline**
(800) 662-4357
- **National Domestic Violence Hotline**
(800) 799-7233
*Live chat available through
www.thehotline.org
Orange County: (714) 992-1931
- **LGBT National Help Center**
(888) 843-4564
<http://www.glnh.org>
- **24-Hour Information and Helpline**
2-1-1 or (888) 600-4357
Free or low-cost health and human service programs in OC.
www.211oc.org
- **24/7, Free and Confidential Crisis Text Line:**
Text "COURAGE" to 741741
- **OC Links Information and Referral Line**
(855) 625-4657

PSYCHOTHERAPY/COUNSELING

- **CARE Counseling Center – Santa Ana/Anaheim**
(714) 836-9900
<http://www.carecounseling.net/index.html>
- **Chapman University Community Clinic – Orange**
(714) 997-6746
- **Community Counseling & Supportive Services**
(714) 645-8000
- **Community Counseling St. Joseph Hospital**
(714) 771-8243
- **FACES (Medi-Cal)**
(714) 447-9024
<https://www.facescounseling.org/>
- **Mental Health Association of Orange County**
(714) 547-7559
<https://mhaoc.org/>
- **Vista Community Clinic (Medi-Cal)**
(844) 308-5003
<https://www.vistacommunityclinic.org/>
- **Medi-Cal Phone Support: (800) 541-5555**
OC: (800) 281-9799
LA: (626) 569-1399
- **CalOptima Behavioral Health Line**
(855) 877-3885
- **Theracare Wellness**
(657) 246-3075
<https://theracarewellness.com/>
- **Living Success Center**
(949) 645-4723
<https://www.livingsuccesscenter.org/>
- **OC Health Outpatient Clinic**
(714) 480 6767

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FAMILY/CHILD BASED SERVICES

- **Catholic Charities of Orange County Santa Ana**
(714) 347-9600
Social services to families, children, & seniors
- **Child Guidance Center – Santa Ana**
(714) 953-4455
www.cgcoc.org
- **Families and Communities Together (FaCT)**
Orange: (714) 566-2878
Santa Ana: (714) 480-3737
www.factoc.org
Counseling, family advocacy/case, family health & wellness, adoption support
- **Family Enrichment Center – Anaheim**
(714) 758-1884
- **Mariposa Counseling Center -Orange**
(714) 547-6494
www.mariposacenter.org
Low cost mental health/substance abuse services, life skills, and support services
- **Orangewood Children’s Home – Orange**
(714) 935-7584
www.orangewoodfoundation.org
Foster & Youth community services

SUBSTANCE ABUSE

- **OC Healthcare Agency – Santa Ana**
(714) 480-6660
- **Directory of Sober Living Homes:**
www.soberhousing.net
- **Orange County AA directory:** www.oc-aa.org
- **Phoenix House – Santa Ana -** (714) 953-9373

SPECIFIC POPULATIONS

- **Caregiver Resource Center O.C. – Fullerton**
(714) 446-5030 – www.caregiveroc.org
- **Domestic Violence Shelters in O.C.**
Laura’s House: (949) 498-1511
Interval House: (714) 891-8121
Radiant Futures: (714) 992-1931
- **Hearing Impaired OC Health Care Agency Outpatient Clinic**
(714) 480 6767, TDD – (714) 480-6750
- **Human Options Counseling Center – Domestic Violence Survivor - Santa Ana**
(714) 480-3737
- **Orange County Asian and Pacific Islander Community Alliance (OCAPICA) – Garden Grove**
(714) 636-9095, www.ocapica.org
- **Domestic Violence Assistance Program**
(714) 935-7956
- **Southern California Indian Center – Fountain Valley –** (714) 962-6673
Assistance to American Indians, native Alaskans, and Native Hawaiians
- **The Center Orange County (LGBTQ) – Santa Ana**
(714) 953-5428
- **Community Counseling and Supportive Services (LGBTQ Support)**
(714) 645-8000
- **OC4Vets -** (714) 480-6476
- **VA Clinic – Santa Ana -** (714) 434-4600
- **Women, Infants, & Children (WIC) Supplemental Nutrition Program – Santa Ana**
(888) 942-2229



Orange County Low Cost Community Health Centers

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/ Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
ANAHEIM												
AltaMed Medical & Dental Group	1325 N. Anaheim Blvd	888-499-9303	Chinese, Spanish, Tagalog, Vietnamese	●	●	●	●	●			●	●
UCI FHC Anaheim	2441 W. La Palma Ave., Suite 100	657-282-6356	Spanish, Tagalog, Vietnamese, Mandarin	●	●	●	●					
Central City Community Health Center	2237 W. Ball Road	714-490-2750	Spanish	●	●	●	●	●	●		●	●
BUENA PARK												
KCS Health Center	7212 Orangethorpe Ave., #9A	714-503-6550	Spanish, Korean			●	●	●	●		●	●
St. Jude Pediatric Dental Center	7758 Knott Ave, Buena Park	714- 522-8723	Spanish, Korean		●			●				●
COSTA MESA												
SOS Community Health Center & Dental	1550 Superior Ave.	949-642-3451	Spanish	●		●		●	●			
Hope Clinic	2045 Myer Place, Bldg. C	949-515-6725	Spanish	●	●							
FULLERTON												
Family Health Matters	901 W. Orangethorpe Ave.	714-441-0411	Spanish, Tagalog		●	●	●		●	●	●	
Sierra Health Center	501 S. Brookhurst	714-870-0717	Spanish, Tagalog		●	●	●					
Lestonnac Free Clinic	505 E Commonwealth Ave.	714-399-4571	Spanish	●		●						
St. Jude Neighborhood Health Centers	731 S. Highland Ave.	714-446-5100	Spanish	●	●	●	●	●	●			
GARDEN GROVE												
AltaMed Medical Group	12751 Harbor Blvd.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog, Portuguese, Arabic	●	●	●	●				●	
Central City Community Health Center	12511 Brookhurst St., 2nd Floor	714-643-7176	Spanish			●			●			
CHOC Clinic	10602 Chapman Ave.	888-770-2462	Spanish		●							
Healthy Smiles for Kids of Orange County	10602 Chapman Ave., Suite 200	714-537-0700	Spanish	●				●				
Lestonnac Free Clinic	10861 Acacia Pkwy.	714-497-9564	Spanish	●		●						
Nhan Hoa Comprehensive Health Center	7761 Garden Grove Blvd.	714-898-8888	Spanish, Vietnamese, Chinese	●	●	●		●	●	●		
VNCOC Southland Health Center	9862 Chapman Ave., Suite B	714-418-2040	Vietnamese, Spanish	●	●	●	●	●	●			
HUNTINGTON BEACH												
AltaMed Medical & Dental Group	8041 Newman Ave.	888-499-9303	Spanish, Vietnamese, Farsi	●	●	●	●	●				
LA HABRA												
Friends of Family Health Center	501 S. Idaho St., Suite 260	562-690-0400	Farsi, Spanish, Arabic, Korean, Hindu, Chinese	●	●	●	●	●	●			
Vista Community Clinic: The Gary Center	201 S. Harbor Blvd.	562-264-6000	Farsi, Korean, Spanish	●	●	●	●	●	●			
LAGUNA BEACH												
Laguna Beach Community Clinic	362 Third St.	949-494-0761	Spanish, Farsi	●	●	●	●	●				
LAKE FOREST												
Camino Health Center	22481 Aspan St., Suite A	949-240-2272	Spanish, Farsi, Tagalog	●	●	●		●	●	●		

Health Center Name	Address	Appointment Phone	Other Languages Spoken	Evening/Sat/Sun	Child	Adult	Prenatal	Dental	Mental Health	Vision	Medical Mobile	Dental Mobile
LOS ALAMITOS												
Lestonnac Free Clinic	3801 Katella Ave., Suite 301	562-493-4466	Spanish	●		●		●		●		
MISSION VIEJO												
SOS Community Health Mission Viejo	27725 Santa Margarita Parkway #101	949-270-2100	Spanish, Vietnamese		●	●	●	●	●			
NEWPORT BEACH												
SOS Children & Family Health Center	307 Placentia Ave., Suite 107	949-270-2100	Spanish		●	●		●	●	●		
SOS Beauchamp Dental Center	307 Placentia Ave., Suite 202	949-270-2100	Spanish		●	●		●				
ORANGE												
AltaMed Medical Group	4010 E. Chapman Ave., Suite C	888-499-9303	Spanish, Farsi, Korean		●	●	●				●	●
CHOC Clinic at Orange	3745 W. Chapman Ave	888-770-2462	Spanish	●	●			●	●		●	
La Amistad Family Health Center	725 W. La Veta Ave., Suite 260	714-771-8006	Spanish			●		●	●	●		
Lestonnac Free Clinic	1215 E. Chapman Ave.	714-633-4600	Spanish	●		●		●		●		
SAN CLEMENTE												
Camino Health Center	1300 Avenida Vista Hermosa, Suite 250	949-240-2272	Spanish, Farsi	●	●	●		●	●			
SAN JUAN CAPISTRANO												
Camino Health Center	30300 Camino Capistrano	949-240-2272	Spanish	●	●	●	●	●	●			
SANTA ANA												
AltaMed Medical Group	2720 S. Bristol St., Suite 110	888-499-9303	Spanish, Vietnamese, Arabic	●	●	●	●				●	●
AltaMed Medical & Dental Group	1400 N. Main St.	888-499-9303	Spanish, Vietnamese, Chinese, Tagalog		●	●	●	●			●	●
CHOC/Boys and Girls Club	1000 W. Highland	888-770-2462	Spanish	●	●						●	●
Hurtt Family Health Clinic	1100 N. Tustin Ave.	714-247-0300	Spanish		●	●		●	●	●	●	
Obria Medical Clinic	2001 E. 1st St	714-516-9045	Spanish			●	●				●	
Serve The People Community Health Center	1206 E. 17th St., #101	714-352-2911	Spanish	●	●	●	●	●	●	●	●	●
SOS-EL SOL Wellness Center	1014 N. Broadway	949-270-2100	Spanish		●	●	●		●	●		
UCI FHC Santa Ana	800 N. Main St.	657-282-6355	Korean, Spanish, Vietnamese	●	●	●	●	●	●	●	●	
STANTON												
Central City Community Health Center	12116 Beach Blvd.	714-898-2222	Spanish, Vietnamese		●	●	●				●	●
Livingstone Community Health Clinic (Food Pantry available)	12362 Beach Blvd., Suite 10	714-248-9500	Hindu, Gujarati, Korean, Spanish	●	●	●		●				
TUSTIN												
Families Together of Orange County	661 W. First St. Suite G	1-800-597-7977	Spanish, Farsi	●	●	●	●	●	●	●	●	●
Friends of Family Health Center	13152 Newport Ave., Suite B	714-263-8600	Spanish, Vietnamese, Farsi, Chinese, Hindu		●	●	●	●	●	●		
Hurtt Family Health Clinic	One Hope Drive	714-247-0300	Spanish		●	●		●	●	●	●	

Clinic hours of operation and services are subject to change. Please call the clinics for specific information.



Healthier Referral Line:
1-800-564-8448



For access to a 24-hour, information and referral helpline, dial 2-1-1.

The Coalition of Orange County Community Health Centers

<http://www.coccc.org>