



THE OFFICE OF HEALTH PROMOTION

Stacy Andes, EdD

Director of Health Promotion

Text STACYANDES338 to 37607 OR <https://pollev.com/stacyandes338>



There are two ways of looking at stress: you can change the stressor or you can change the way you look at it.



What is stress?

The good or *eustress*

The bad or *distress*

The ugly



What is stress?

Stress is the body's physical response to a **perceived** demand or threat.

It is a **reality**- we are always stressed in some way. We cannot eliminate stress, but we can learn to **manage** it.



Stress can be alleviated, managed, and/or minimized through:

Avoidance

Acceptance

Attitude



Minimize & Manage Stress

- Avoid:
 - Stressful people
 - Saying “yes” to everyone

Campus Resources:

- College of Professional Studies
- Learning Support Services
- University Counseling Center
- <https://www.psychologytoday.com/us/therapists>



Minimize & Manage Stress

Accept

that people are not perfect,

that things will not always be perfect,

that things will go wrong

that everyone is not you, and

that some people are just jerks

Will it really matter in 5...?



Campus Resources:

- Virtual Mindfulness Mondays
[1:00pm – 1:30pm]
- Where is the Love? Wednesdays pet therapy
[Most Wednesdays at 4:00pm – 5:00pm,
West Lounge in Dougherty Hall]
- Online Mental Health & Well-Being Course
https://admin.fifoundry.net/en/villanova-university/sign_in



DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

WHERE IS THE
LOVE?

THRIVE

365

“WHAT will
HAPPEN
when we **think about**
what is **right**
with people **rather than**
FIXATING
on what is **wrong**
with them?”

Donald O. Clifton

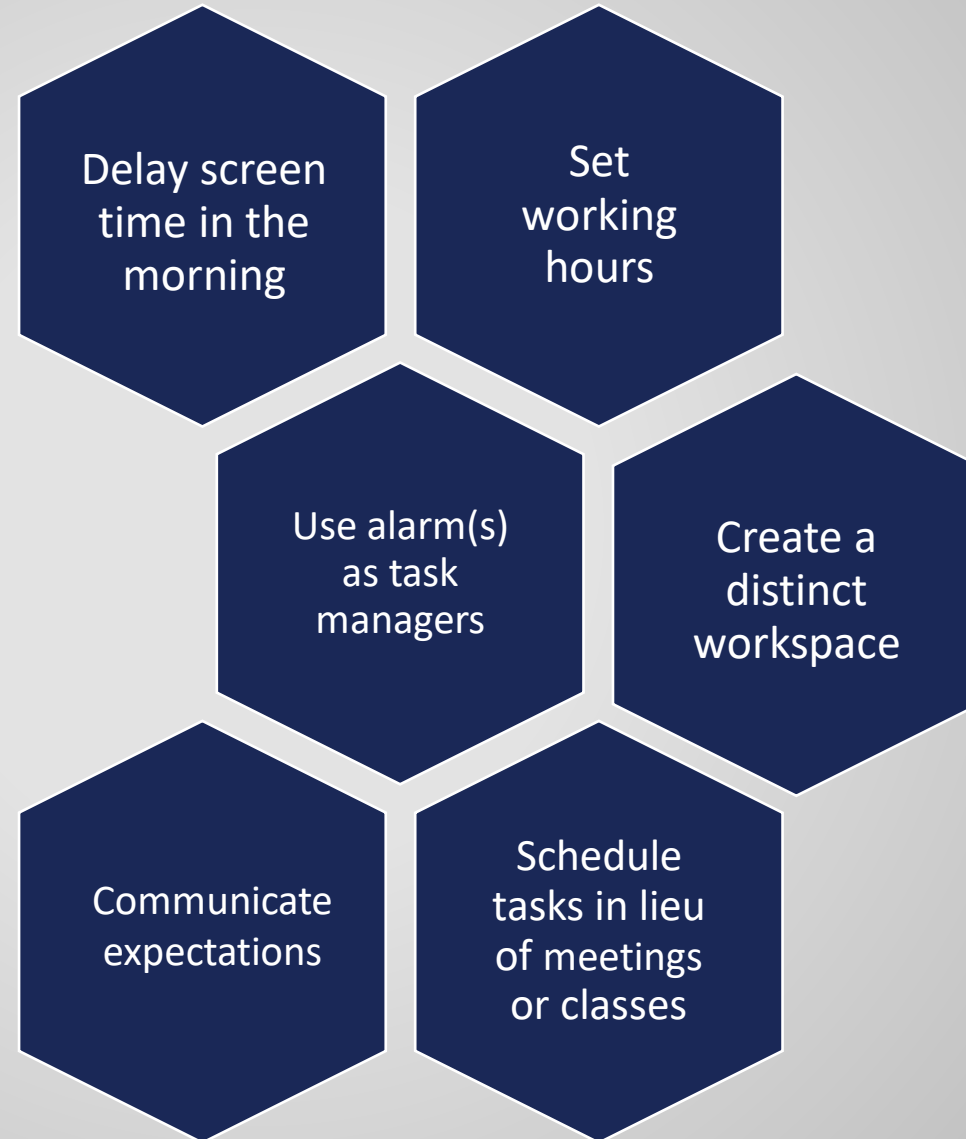


WHERE IS THE
LOVE?

THRIVE

365

Establish a routine



What is the difference between
surviving and thriving?



The Office of Health Promotion



HOW DO YOU Thrive 365?

MATTER, SUCCEED, THRIVE!

Throughout your Villanova experience, you are sure to experience challenges that can stand in the way of you achieving your full potential and well-being. Thrive 365 can help you to refocus your time and energy on what MATTERS, introduce you to different pathways to SUCCESS, and provide you with tools and strategies that are personalized to YOU so that you can THRIVE.

HOW?

All programs, events, and tools are aimed to cultivate personal and community care. In fact, the Thrive 365 portal is personalized to you! The more you use it, the more the portal adapts to introduce new resources to support you in your academic and personal goals.

WHY?

By engaging in the Thrive 365 initiative, you are demonstrating a commitment to your well-being and the well-being of the Villanova community. At the Office of Health Promotion, we believe that should be applauded! By participating in any of our events, programs and workshops, you will be entered to win monthly and end-of-semester prizes such as:

- Private pet therapy session for you and friends
- Free small group personal training session for you and friends
- Free cooking class with a Registered Dietitian
- Private, fully stocked study room for finals week for you and friends

The more you participate, the more chances you have to win!

f Villanova Office of Health Promotion
@ VillanovaHealth

WHERE IS THE LOVE?

THRIVE
365

Questions?

E-mail: healthbytes@villanova.edu
 Or visit: The Thrive 365 Portal

Thrive 365 is the Office of Health Promotion's student-centered initiative that reminds students they MATTER, encourages them to explore new ways to SUCCEED, and equips them with tools and strategies to THRIVE! All Thrive 365 events, programs, and tools can help you to grow, learn and apply your skills and experiences to promote individual and community well-being.

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FALL 2021 PROGRAMS & EVENTS

- Healthy Nova Week
- One Love Escalation Workshop
- QPR Training
- Bystander Intervention Training
- Painting with POWER
- Where is the Love? Wednesdays with Pals for Life
- Connect and Reflect with POWER
- AND MUCH MORE!

THRIVE WITH US Thrive 365 Portal

1. Go to: mynova.villanova.edu
2. Search for "Thrive 365"
3. Click on the "Thrive 365" tile and log in.

SELF-CHECKS **DISCOVER RESOURCES** **REGISTER FOR EVENTS**
SET GOALS **SCHEDULE COACHING APPOINTMENTS** **GET SUPPORT**

Calendar of events, programs, workshops and trainings
 Well-Being Coaching Services
 Self-checks
 Goal-setting tools and reminders
 Personalized library of resources and services

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Health Services Building 113

www.villanova.edu/healthpromotion

healthbytes@villanova.edu

stacy.andes@villanova.edu

WHERE IS THE
LOVE?

THRIVE

365