Calling the Shots on Stress [1]

Week of:
Jul 24, 2020

Pets and stress management [2]

Dear Alice,

Do you have any information regarding the use of pets for stress management?

Read more [2]

Can stress from school cause nausea and stomachaches? [3]

Hi Alice,

I'm a student in the midst of midterms and all that, so I've been really busy and not taking as
good care of myself as usual (though trying my best), though I wouldn't say that I've been any
more stressed than your average student. My question has to do with nausea though: I've been
waking up lately and my stomach hurts and I don't know why. I can't think of any medical/strictly
physiological reason why, so I was wondering: is it possible that this is stress related? (Can
stress/anxiety make one sick with a knot in their stomach??) This has only happened a few
times, recently, all during this midterm/work craziness.

Thanks,
Sick from Stress???

Read more [3]

How to reduce stress at work [4]

Dear Alice,
How can I reduce stress at work?

— Losing it

Read more [4]

**Uncomfortable with college stresses** [5]

Dear Alice

Until college, I was able to handle stress very well. I managed many responsibilities in and out of school, and was thrilled when I was accepted here. Now that I am here, however, I feel unusually unable to deal with daily stresses. I find myself sleeping more than I used to; I have difficulty focusing on work, and the feelings of stress that come upon me seem always to bring extra feelings of depression and confusion. I have decided to cut down on my drinking in order to keep up with my work, but it was never much of a problem before anyway. I don't use drugs, and I don't feel as though I have a hard time making friends. I am not, I don't think, homesick. I am however, somehow uncomfortable with college stresses. I know this isn't much to go on, but can you offer any insight? I don't feel crazy or insane, just a bit uncomfortable.

— Dazed and Confused...

Read more [5]

**Stress is a pain in the neck — literally!** [6]

Alice,

When I worry/stress out, I find the muscles on one side of my neck (usually the right side) begin to tighten up to the point of acute pain. On occasion, the pain reaches from the back of my ear, down my neck (the most painful point), through my shoulder, down the arm, and in extreme cases to the tips of my fingers. Two questions:

1. How do I stop this?
2. How do I relieve the pain when it occurs?

I'm currently suffering from one of these neck aches, and can't turn my head, so I'd really appreciate your response.

Thanks from,
A Pain in the Neck

Read more [6]