STRESS = DEMANDS > RESOURCES

Stress can impact our lives when we feel that we don't have what we need (resources) to cope with tasks, responsibilities, relationships, etc. (demands).

**BALANCE THE STRESS EQUATION BY:**

**DECREASING DEMANDS WHERE POSSIBLE.**
Prioritizing your time - be involved in opportunities that are the most valuable to you and avoid taking on too many responsibilities.

**INCREASING YOUR RESOURCES TO COPE WITH STRESS.**
- Reaching out for formal help (dietician, therapist, doctor, etc).
- Finding your support system: friends, partners, and family members who support you and bring joy into your life.

**CHANGING YOUR MINDSET.**
Focusing on what is within your control and making a plan to navigate what isn't.
RESOURCES FOR STRESS MANAGEMENT

TUTTLEMAN COUNCILING SERVICES
1700 N. Broad Street, 2nd floor
215-204-7276 | counseling.temple.edu
Individual and group therapy, drop-in groups, Resiliency Resource Center, therapeutic yoga and mindfulness, psychiatric services, and referrals. 
Initiate services during specific hours to create a treatment plan with a clinician.

DISABILITY RESOURCES & SERVICES
Student Center South 4th Floor, Room 420
215-204-1280 | disabilityresources.temple.edu
Individualized accommodations and opportunities for students with disabilities to grow and develop.

WELLNESS RESOURCE CENTER
Student Center 201 | 215-204-8436
wellness.temple.edu | TUwellness@temple.edu
Peer-led workshops, campus-wide events, wellness consultations, and low-cost safer sex supplies.

STUDENT SUCCESS CENTER
Charles Library Room 230 | 215-204-0702
studentsuccess.temple.edu
Peer academic coaching, peer-assisted study sessions, the Writing Center, STEM Learning Lab and Language Lounge.

STUDENT FINANCIAL SERVICES
Carnell Hall - Ground Floor | 215-204-2244
sfs.temple.edu | sfs@temple.edu
Assistance for all students in making their college education affordable through financial aid and scholarships.

PSYCHOLOGICAL SERVICES CENTER
ECEC Building, Room 420 | 1509 Cecil B. Moore
215-204-7100 | sites.temple.edu/psc
Individual therapy & workshops led by doctoral students in clinical psychology, There is a sliding scale fee of $20-40 per session.

CONCERNED FOR A FRIEND?
The CARE Team receives and responds to non-emergent concerns for student well-being. Call (215-204-7188) or email careteam@temple.edu to make a referral. Learn more at careteam.temple.edu. If you are worried about the safety of yourself or a friend, call Campus Safety at 215-204-1234 or 911.

ICON KEY
CALL OFFICE HOURS ONLINE EMAIL EVENTS

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