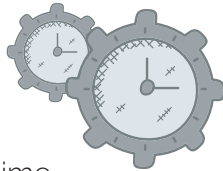


Stress = Demands > Resources

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 spreading yourself too thin.

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 Counseling 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

100 Ritter Annex | 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
temple.edu/class

Assistance with class success including 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

