

ARE YOU STRESSED?

Common signs of stress:

- Rapid heartbeat or rapid breathing
- Headache
- Stiff neck and/or tight shoulders
- Sweating or sweaty palms
- Upset stomach, nausea, or diarrhea
- Irritability or intolerance of minor disturbances
- Short tempered, yelling
- Feeling jumpy or exhausted all the time
- Find it hard to concentrate or focus on tasks
- Excessive worry about insignificant things
- Self-Doubt
- Imagine negative, worrisome or terrifying scenarios

Positive Coping Response/Skills:

- Listening to music
- Playing with a pet
- Going out with a friend
- Taking a bath or shower
- Praying or attending religious service
- Writing, painting, or other creative activities
- Exercising or getting outdoors to enjoy nature
- Discussing the stress or situation with a friend or trusted person
- Making and following through with an action plan to solve your problems
Seeking counseling

Tips to Maintain Good Study Habits

from: "The Stressed Years of Their Lives" by B. Janet Hibbs, et al (2019)

- ✓ Challenge perfectionist thinking. Needing help is not the same thing as failing.
- ✓ Don't start the day online.
- ✓ Start your work early in the day – it's a procrastination killer.
- ✓ Assume everything will take twice as long as you think it will.
- ✓ Make use of the services on campus

National Resources

National Suicide Prevention Hotline
1-800-273-8255

Domestic Violence Support Network
1-800-799-7233

R.A.I.N.N. (National Sexual Assault
Hotline) 1-800-656-4673

SAMHSA National Helpline (mental
health and substance abuse)
1-800-622-4357



Case Management



Everything's Gonna Be Alright.
It ain't as bad as you think.

REGINA DECKER

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About Case Management

School can be stressful, you don't have to handle it all alone. The Case Manager is here if you need someone to talk to or just someone to listen.

Case management at its very core is about helping students overcome obstacles they encounter in their lives.

The focus is on assisting students with a solution-focused approach. Case Managers are concerned about what is going on with the students AND what can be done about it.

How are Students Referred?

Referrals to case management come from a variety of sources including academic affairs, athletics, student organizations, instructors, and advising. Students can also self refer.

The process for any referral is easy, just call, email or drop by. All the contact information is on the front of this brochure. You don't need an appointment; feel free to drop in.

All students have the ability to make their dreams come true. We all have obstacles to overcome, but with the proper supports and encouragement, anything is possible.

Seeking help takes courage and it is one of the bravest steps anyone can take.



"It's not the load that breaks you down, it's the way you carry it." Lou Holtz

In this office, what we discuss is confidential unless there is an indication you plan to hurt yourself or someone else. I have two ears and one mouth, so that I can listen twice as much as I talk. 😊 I'm here to listen to you.

How Case Management Can Help

Some examples include:

Advocate for student needs

Academic Advising

Support Students as they navigate their educational journey such as:

- Time Management, organization, studying, and goal setting tips
- Adjusting to college life
- Grief Support
- Self-Care

Educate about the signs and symptoms of various mental health issues and provide recommendations of positive coping skills

Suicide prevention

Liaison between students and community-based resources, such as the mental health center

Follow up with students after a crisis

Referrals to need based community programs such as WIC, Dept. for Children and Families, and early childhood programs