



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

# Program of Assistance for Students (PAS)

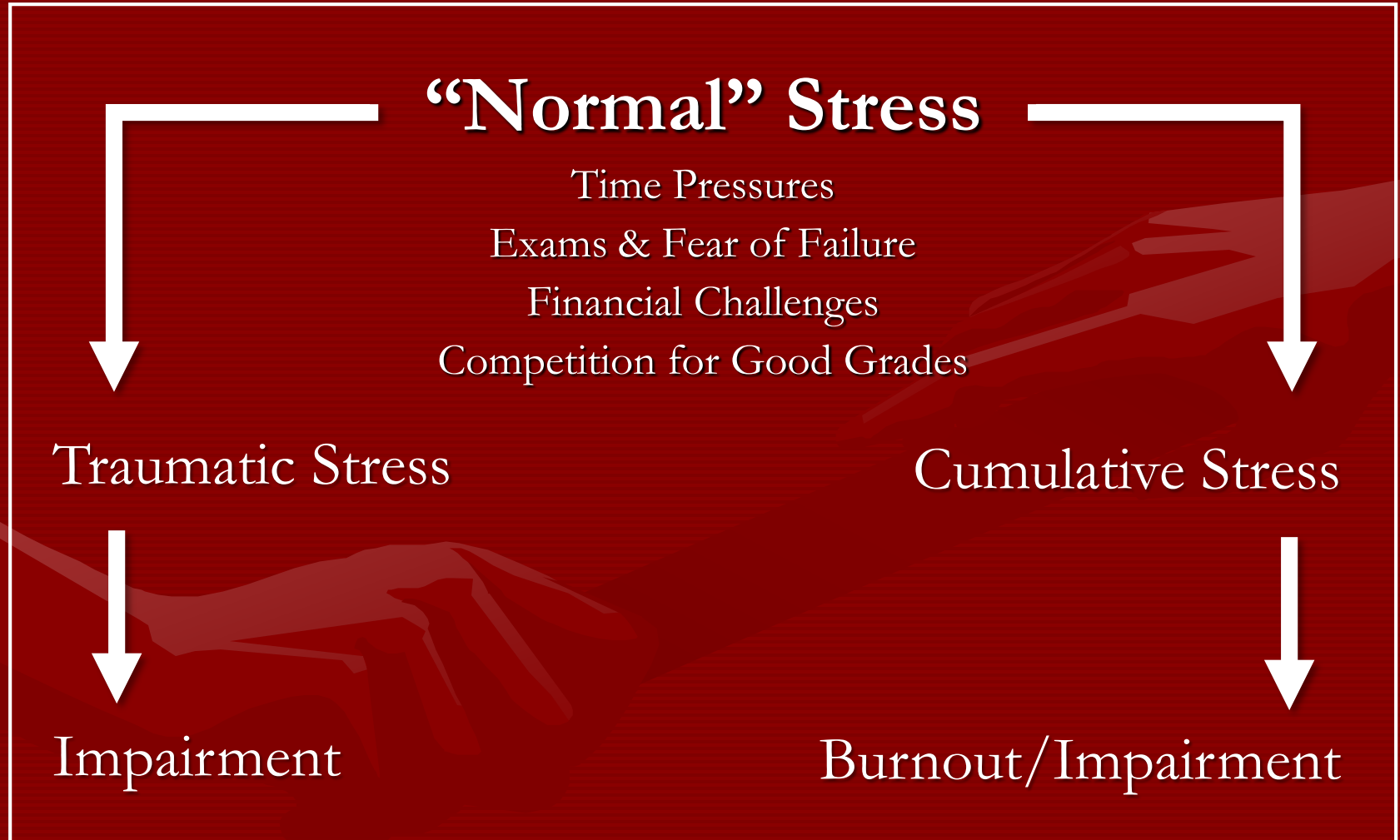
The Counseling Center *at* TTUHSC

[CounselingCenter@ttuhsc.edu](mailto:CounselingCenter@ttuhsc.edu)

# You Might Be a Medical Student If..

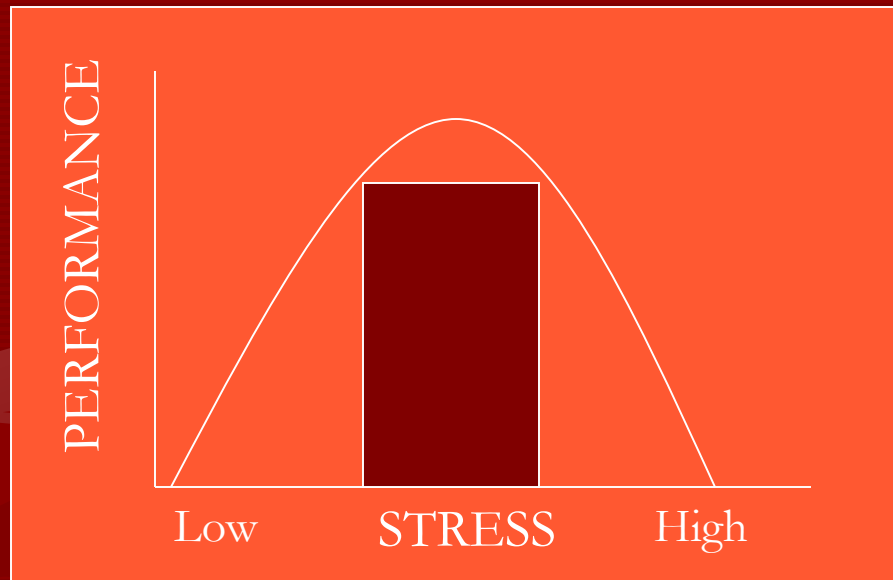
1. Your trash is overflowing and your bank account isn't
2. Your social circle is now called a study group
3. Your idea of feeding the poor is buying yourself some Ramen Noodles
4. You average four hours of sleep a night and you get six on a really good night
5. You question if brewing is really a necessary step in the consumption of coffee
6. You find yourself googling the words "espresso IV drip"
7. Antacid tablets become your primary source of nutrition

# Stress Continuum



# Stress Can Be Beneficial

- Experiencing some stress is beneficial
  - Helps concentration/focus and improves performance
- But only if it's managed!



# Path to Burnout

- As stress increases and persists, the negative consequences of stress also increase
- WHO defines burnout as a “state of vital exhaustion”
- 28%-45% of medical students report burnout
- The progression towards burnout:
  - Stress Arousal
  - Energy Conservation
  - Exhaustion



# Warning Signs of Burnout

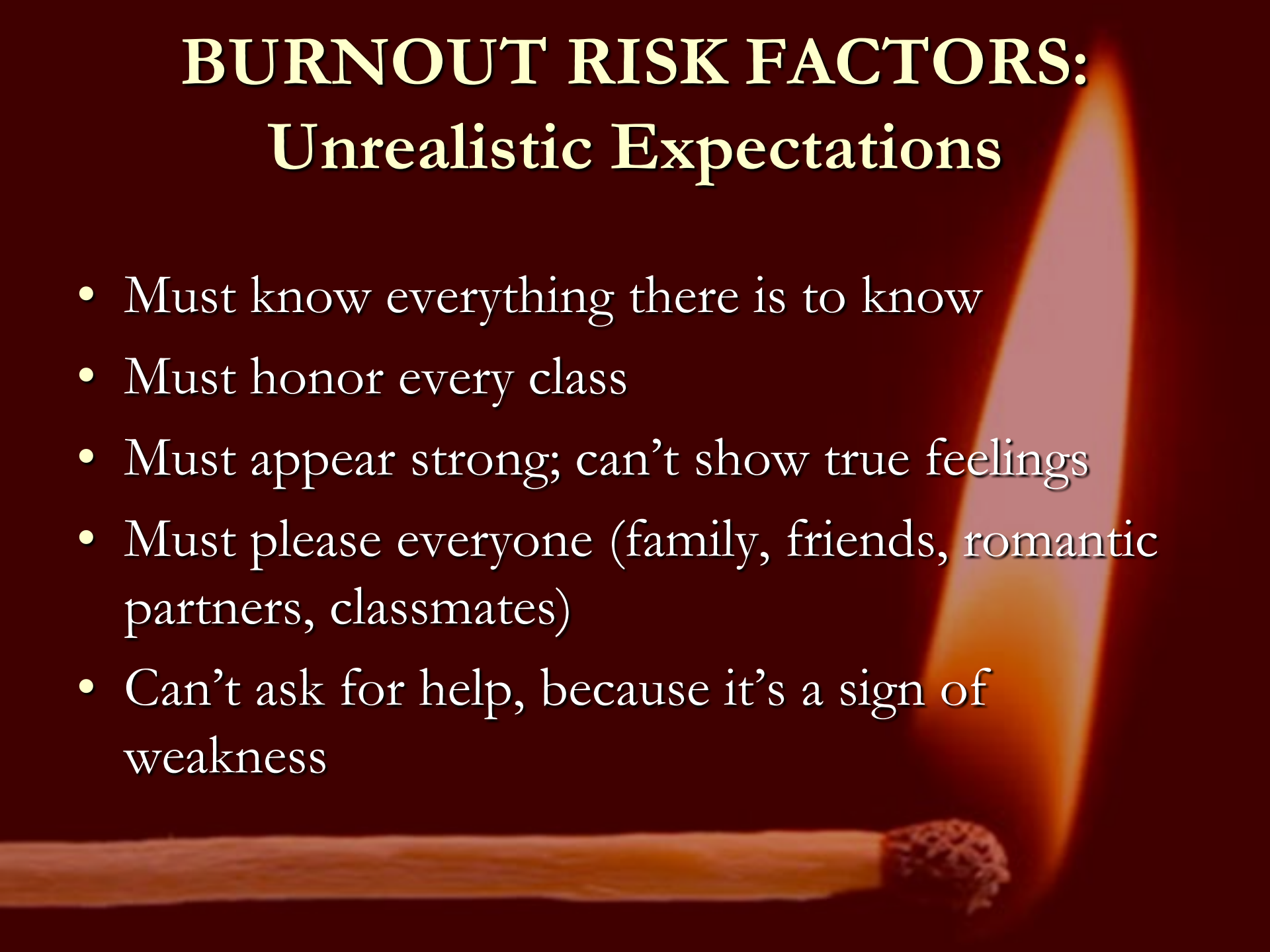
- Persistent symptoms of stress (e.g., headache, upset stomach or heartburn, irritability/frequent arguments, forgetfulness, sleep problems)
- Social withdrawal
- Skipping classes, missing deadlines
- Cynical attitude
- Increased substance use/misuse
- Apathy or loss of empathy
- Chronic fatigue
- Depression and/or suicidality



# BURNOUT RISK FACTORS:

## Unrealistic Expectations

- Must know everything there is to know
- Must honor every class
- Must appear strong; can't show true feelings
- Must please everyone (family, friends, romantic partners, classmates)
- Can't ask for help, because it's a sign of weakness





# What Can You Do?

- Managing stress is important
- Another key consideration is to develop...

*Resilience*



# Resilience

- What is it?

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – the ability to bounce back

- It is ORDINARY

– not extraordinary

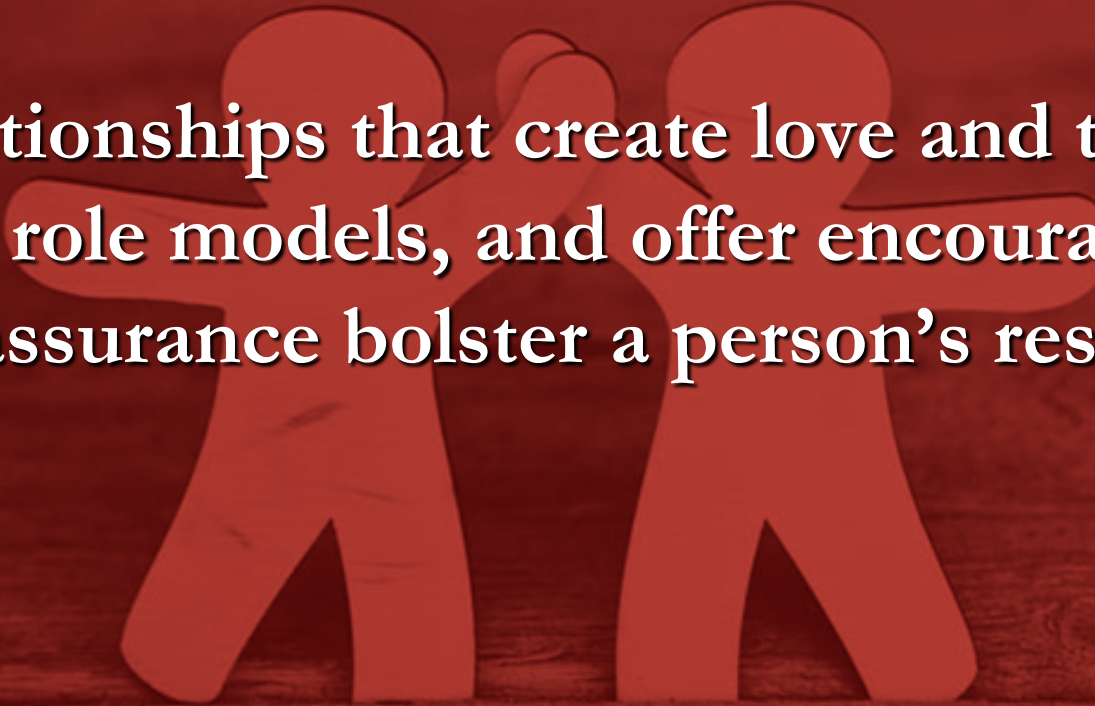
- It does NOT mean you won't experience difficulty or distress



# Primary Factor

- Primary factor contributing to resilience is having caring and supportive relationships within and outside the family.

**Relationships that create love and trust, provide role models, and offer encouragement and reassurance bolster a person's resilience.**

Three stylized, light-colored figures are shown from the waist up, holding hands in a supportive gesture. They are positioned behind the text, with their arms raised and hands clasped together, symbolizing unity and support.

# 10 Ways to Build Resilience



- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

# Getting Started

- FIRST - Understand yourself!
  - What kinds of events have been most stressful for me?
  - How have these events typically affected me?
- Stay flexible
  - Let yourself experience strong emotions and realize when you may need to avoid them
  - Step forward and take action to deal with your problems and step back to rest and reenergize





# Finding Balance

- Slow down
- Start with a goal in mind
- Take one piece at a time
- Push yourself to the edge of your abilities
- Get feedback
- Vary your approach
- Review your progress
- Ask for help!



# Program of Assistance for Students

806.743.1327 or 800.327.0328

- Brief Counseling Services
  - 6 free counseling sessions per academic year (Sep – Aug)
  - Daytime (M-F) and evening (M-Th) appointments available
  - Individual concerns (e.g., grief and loss, anxiety, stress)
  - Family and relationship concerns
- 24-Hour Crisis Line *(by calling the #s above after hours)*
- Email for appointments: [CounselingCenter@ttuhsc.edu](mailto:CounselingCenter@ttuhsc.edu)

# PAS Services Are Confidential!

- All PAS counselors are licensed by the State of Texas
  - State laws protect confidentiality!
  - If you access PAS counseling, it will not be reported to the SOM Office of Student Affairs and it will not become part of your student records
- PAS counseling offices are located on the first floor, east wing of TTUHSC (1A300), just beyond the Psychiatry Clinic



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[www.ttuhschool.edu/centers-institutes/counseling/](http://www.ttuhschool.edu/centers-institutes/counseling/)