(Example of how bulletin board could be displayed)
The
Cornell
Slope
The Stress Continuum

Performance (physical & mental)

- Low: Healthy tension
- Medium: Peak performance
- High: Imbalance, Breakdown

Stress Level

- Low
- Medium
- High
RESOURCES: for Cornell students

- **Gannett Health Services**, 5-5155 (24/7); web: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)
  - Counseling and Psychological Services (CAPS): 5-5155; offers individual and group counseling, and off site walk in hours (search “Let’s Talk” on Gannett web for hours).
  - Health Promotion: 5-4782; stress tips, fact sheets, brochures

- **Academic Advising or Student Services** (in your college/school)

- **EARS (Empathy, Assistance & Referral Services)**, peer counseling by phone, or walk in; 5-EARS; web: [www.ears.dos.cornell.edu](http://www.ears.dos.cornell.edu)

- **CURW (Cornell United Religious Works)**, 5-4214; web: [www.curw.cornell.edu](http://www.curw.cornell.edu)

- **ISSO (International Students and Scholars Office)**, 5-5243; web: [www.isso.cornell.edu](http://www.isso.cornell.edu)

- **Any RA/GRF/GCA/RHD or Assistant Dean** in your residential community

- **Learning Strategies Center**, 5-6310, web: [www.cit.cornell.edu/campus/learn/learn.html](http://www.cit.cornell.edu/campus/learn/learn.html)

- **Student Disability Services**, 4-4545, web: [www.cit.cornell.edu/campus/SDS](http://www.cit.cornell.edu/campus/SDS)
  - Services and accommodations for students with ongoing or temporary disabilities

- **Knight Institute for Writing Walk In Services**, 5-6349
  - See web for walk-in schedule: [www.arts.cornell.edu/knight_institute](http://www.arts.cornell.edu/knight_institute)

- **Cornell Career Services**, 5-5221, web: [www.career.cornell.edu](http://www.career.cornell.edu)

- **Suicide Prevention Crisis Line**, 272-1616, web: [www_suicidepreventionlifeline.org](http://www_suicidepreventionlifeline.org)
RED: BREAKDOWN

- Symptoms of “yellow” are magnified
- You are completely overwhelmed
- You frequently feel depressed
- You are unable to focus and you become forgetful
- You feel like giving up
- You avoid friends and social activities
- Your sleep is greatly altered (e.g., you sleep all the time or hardly at all)
- Your eating habits and/or alcohol consumption are greatly affected
- Physical symptoms are persistent and more severe (e.g., vomiting, nausea)
- You may experience on-going anxiety and/or panic attacks

WHERE TO GO FROM HERE

It may take several steps on your part to restore your equilibrium so that you’re feeling more GREEN again. More than likely, you will need to seek support from the Cornell community, as isolation only increases symptoms of “breakdown”.

Cornell offers many resources to get you back on the path to wellness.
GREEN: HEALTHY TENSION

- You are mentally and physically alert
- You are optimistic and focused
- You are social and productive
- Your physical aches and pains are alleviated fairly easily

TIPS FOR STAYING “GREEN”

- Maintain a regular sleep pattern
- Eat nutritious foods regularly
- Keep alcohol consumption reasonable
- Practice effective time management
- Initiate or maintain positive social experiences
- Engage in exercise/movement regularly
- Avoid harmful habits
- Accept your limitations
- Have an open mind
- Get involved on campus! Check out the numerous student groups/activities that are available. Find an activity that feeds your passion.
YELLOW: IMBALANCE

- You have more frequent and/or severe fatigue
- You feel overwhelmed and/or inadequate
- You are unable to manage your workload
- You skip classes to catch up on sleep or assignments
- You may miss meals, eat less nutritious foods or have increased snacking and/or alcohol consumption
- You have difficulty sleeping
- You experience anxiety
- You procrastinate with your school commitments
- You withdraw from friends and social activities/events
- You may experience more persistent physical ailments such as headaches, body aches, gastro-intestinal problems, etc.

RESTORING YOUR “GREEN-NESS”

- Recognize that you are not performing at your peak; seek assistance or support to help restore your balance.
- Give yourself permission to get adequate rest and eat nutritious food.
- Consider making a list to help prioritize and organize what you need to do.
In order to reach your personal best when you need it most (e.g., on the day of an exam, athletic event, performance, or other personal challenge), you need to be well-prepared physically, mentally, and emotionally.

This foundation will allow you to access the extra burst of energy and focus needed to achieve your peak performance.