

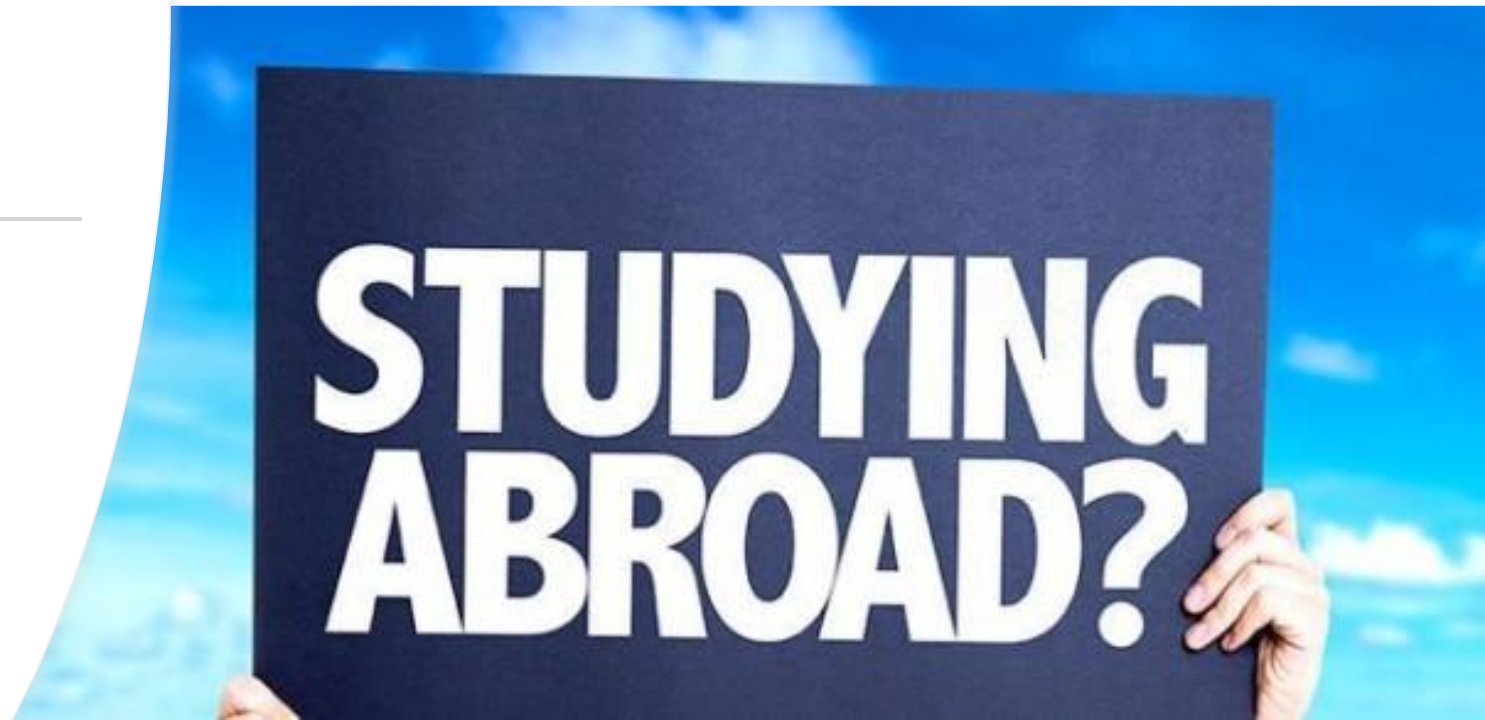


# Self-Care When Studying Abroad



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Digital Pack

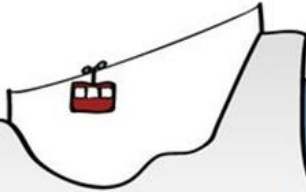


**STUDYING  
ABROAD?**

Your Plan



Reality



# Recognising our own Stress Patterns:



What are my stress signals?

Is my stress pattern predictable?

How long do symptoms persist before I respond?

# Recognising Signs and Symptoms of Stress:

## Behavioural Symptoms:

- Smoking
- Drinking too much
- Overeating or under eating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family
- Sleeping too much
- Procrastinating
- Using pills or drugs to relax.
- Shouting
- Loss of Interest in study; hobbies; connecting with friends or family.

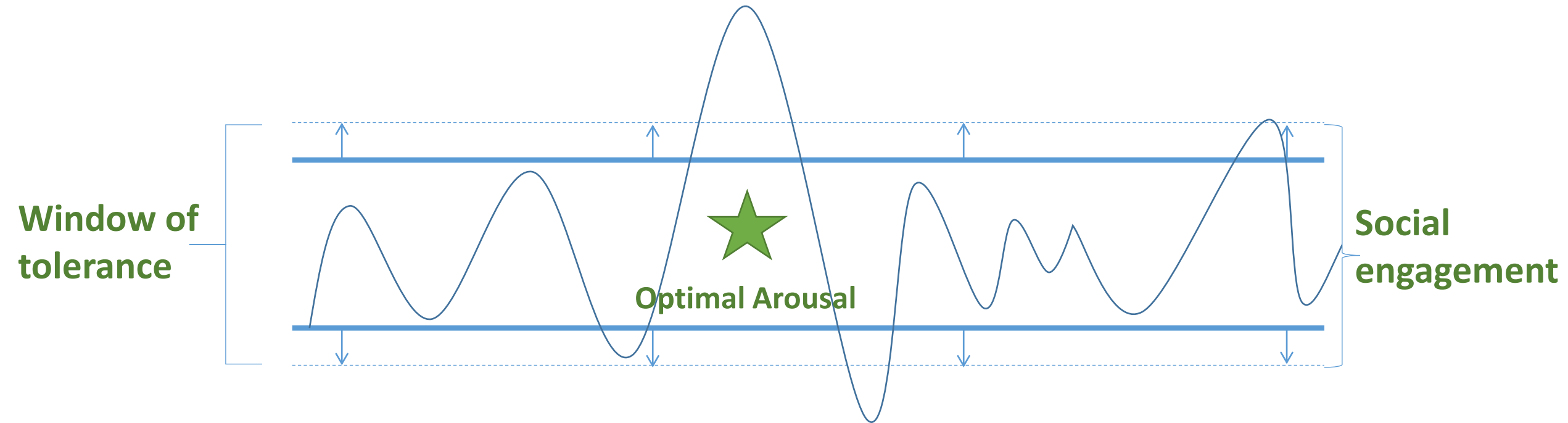
## Psychological Symptoms:

- Worry;
- Fear;
- Irritability;
- Restlessness;
- Poor concentration;
- Disturbed sleep;
- Depressed;
- Overwhelmed;
- Over thinking.

## Physical Symptoms:

- Trembling;
- Dizziness;
- Numbness or tingling;
- Sweating,
- Muscle tension;
- Headache;
- Churning stomach;
- Weak legs;
- Racing heart;
- Tiredness.

# Window of Tolerance



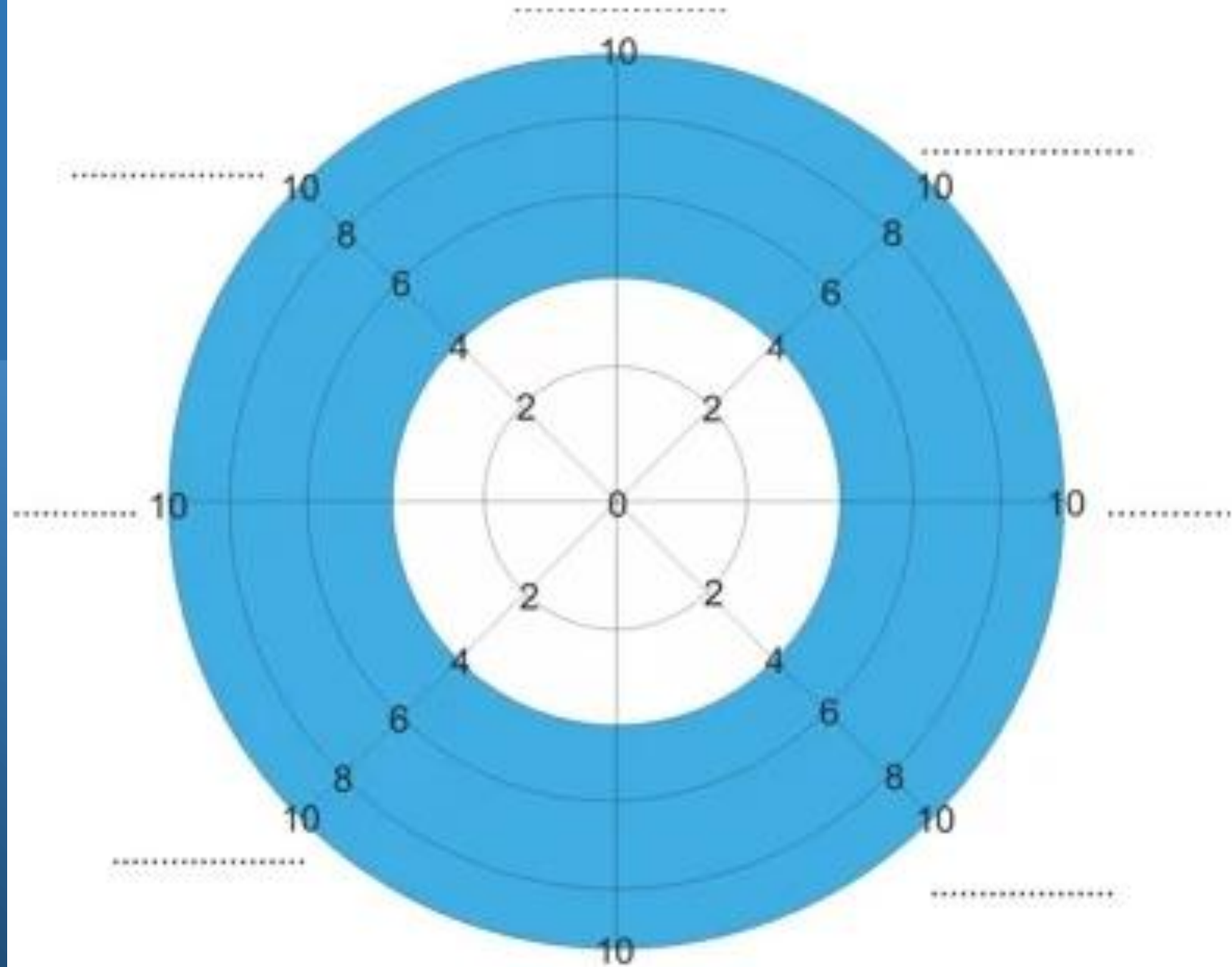
**The Window of Tolerance:** Most of the time hopefully our arousal and emotions stay within a healthy window of tolerance where we can cope and more open to socially engage. Some situations; memories - conscious and unconscious can take us outside our window of tolerance into feeling overwhelmed and anxious or cause us to shut down. Understanding your own tolerance to stress helps us to identify what stops us in our day. Noticing the impact of a sign, symptom, memory or event can help us recognize if we need to regulate and respond to this discomfort or stressor. Check out the booklet in the digital pack on grounding techniques on helpful ways to regulate.

Adapted from Window of tolerance (Ogden & Minton 2000)

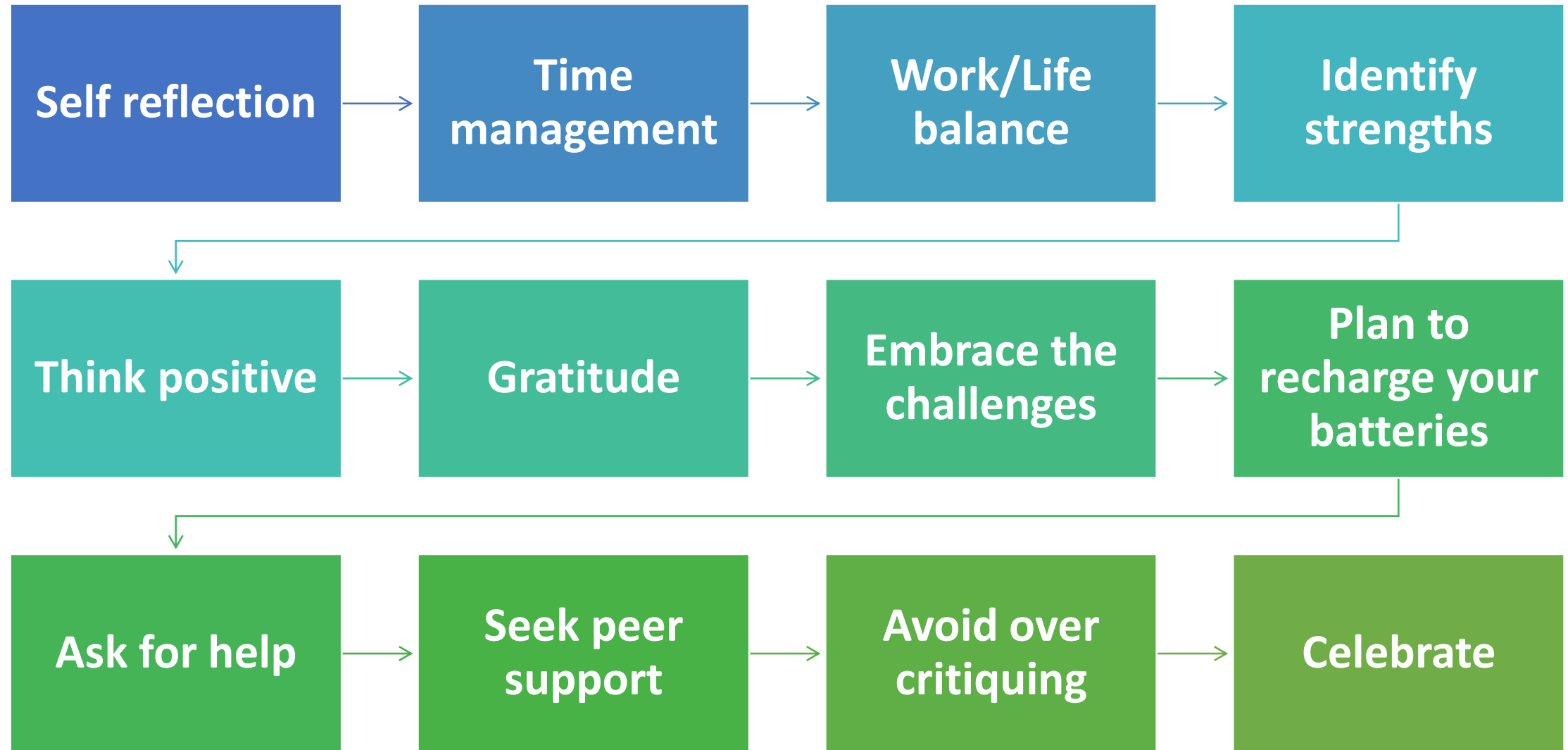


# Wellness Wheel

(See resource sheet in the digital pack).



# How do we introduce Self Care Practices:



# Unhealthy ways of responding to stress:

- Smoking
- Alcohol or Drugs to alleviate stress
- Overeating or under eating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends and activities
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems.
- Taking out your stress on others
- Missing Lectures





# Practical Resources when you go abroad?



- **EU emergency number: 112**
- **European Health Card:** [Apply for an EHIC in Ireland - HSE.ie](#)
- **The Erasmus Student Network (ESN):** <https://www.esn.org/>
- **Outgoing Student Handbook:** [OutgoingStudentHandbook\\_20221118.pdf\(maynoothuniversity.ie\)](#)

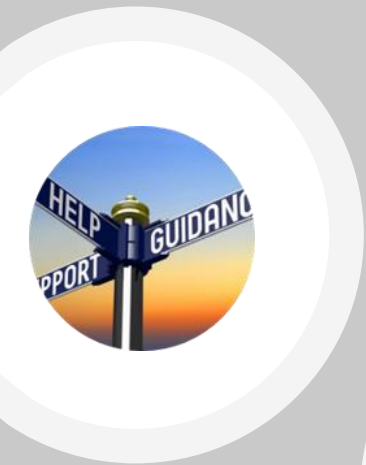
# Maynooth University Counselling Service Online Resources:



**togetherall**



SCAN ME



 **SilverCloud**  
SPACE FOR HEALTHY MINDS

text about it

50808

# Maynooth University Counselling Service

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Call back request:

<https://www.maynoothuniversity.ie/node/394198>



SCAN ME

