

Coping with Cambridge

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Change can be disorienting



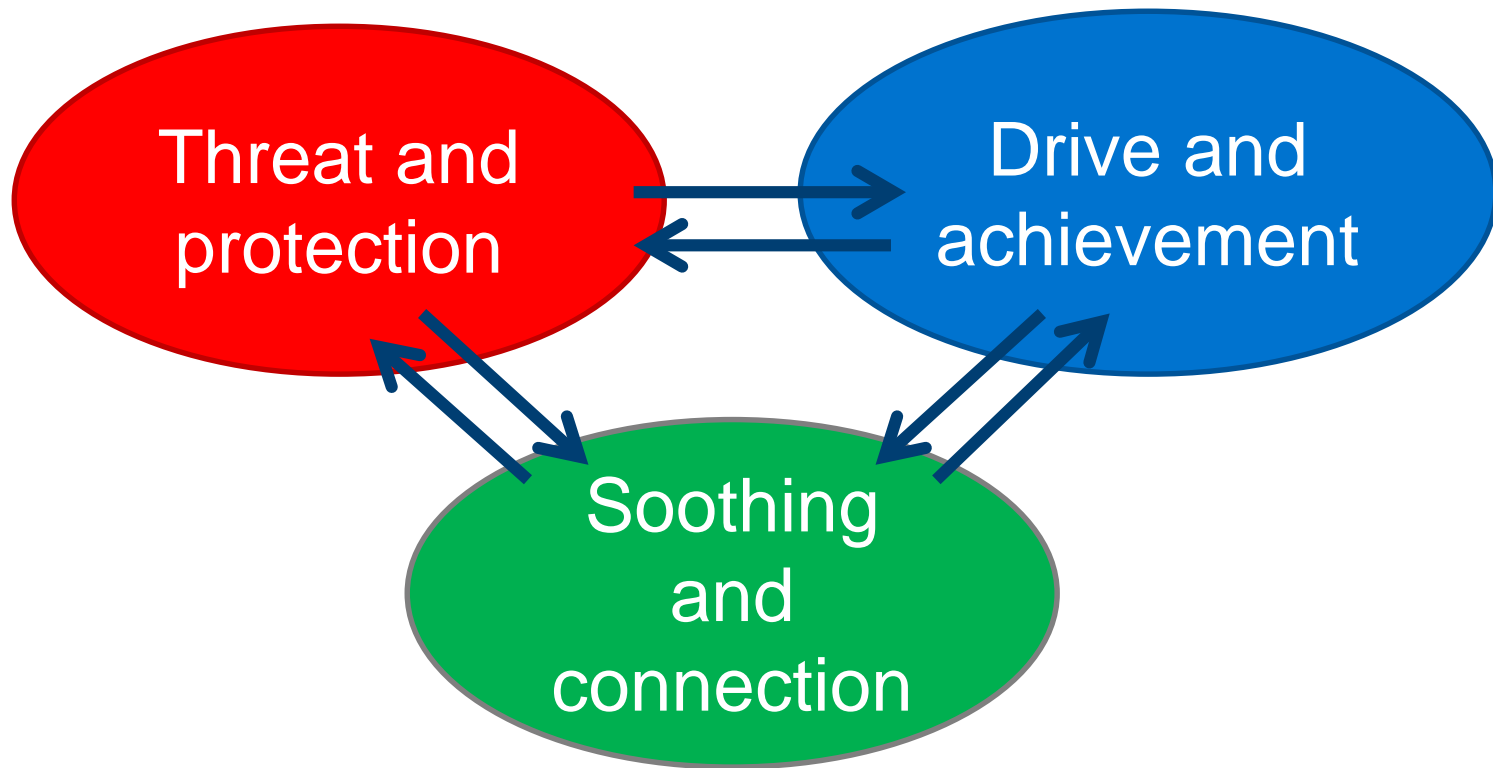
Cambridge - A period of transition



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Introducing the three circles model



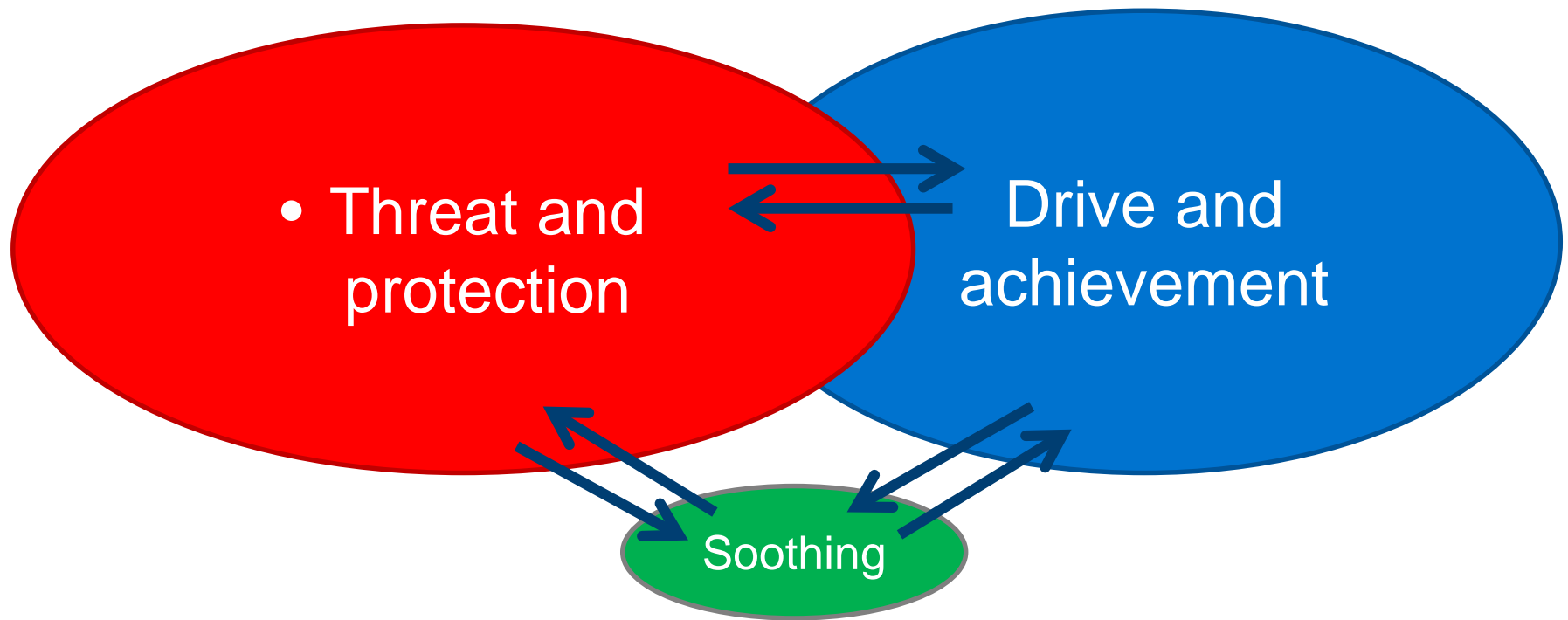
Physiology

Threat system: Adrenaline, Cortisol –
(hypothalamus, pituitary, adrenal endocrine glands)

Drive system: Dopamine –
(brain chemical)

Soothing system: Oxytocin, Endorphins

Threat and drive systems dominating the soothing system





How we can create more threat

- Catastrophic thinking
- Unhelpful comparisons
- All or nothing thinking
- Mind reading
- Selective attention to negatives
- Making moral judgements
- Use of imperatives “should/must/ought”

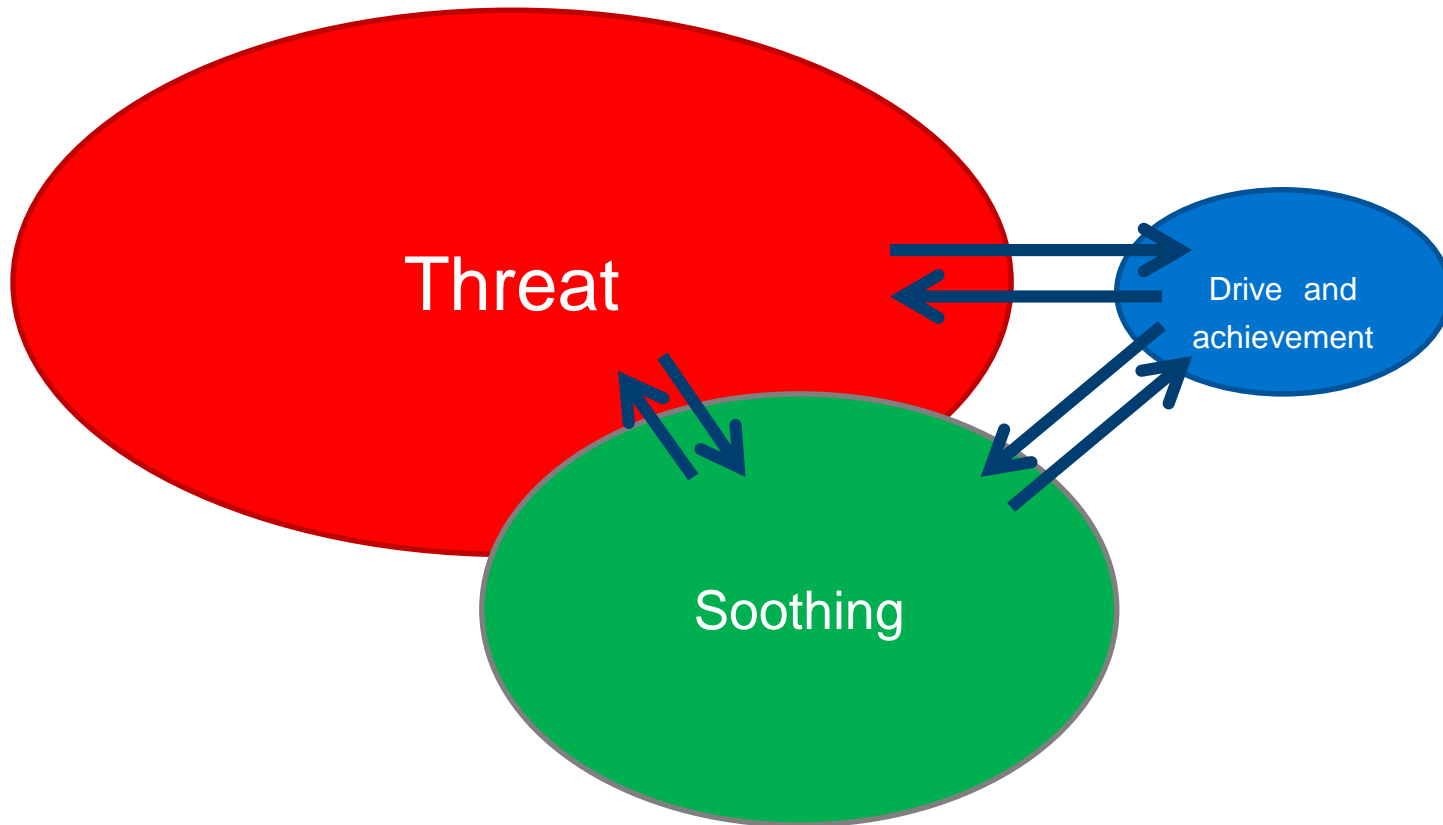


When ur stressed out but you
play it cool

Too many opportunities



Can lead to exaggerated threat response



How to regain balance

**More Threat and
less soothing?**

OR...

**Less threat and more
soothing?**



Strategies for coping

- Look after yourself
- Don't work *all* the time
- *Do* work some of the time!
- Develop a normal pattern for your day and week

Self Management strategies

- Encourage yourself every day
- Set yourself small, achievable, daily goals.
- Structure can be very helpful.
- Look after yourself: eat well, have fun and sleep...
- Choose your friends wisely.
- Don't be afraid to ask for help sooner rather than later.

Be strategic

- Engage in self-reflection
- What issues have you encountered in the past when you were studying?
- Anything that hinders progress?
- Anything you can do to prevent this again?
- What helps to support you and your studying?
- If you could do one thing now, what could it be?

Sources of support

- Friends and family
- Tutor
- Supervisor/Director of Studies
- College Nurse & Chaplain
- Student Union
- Counselling Service
 - Website (self-help resources)

University Counselling Service



Above all...

