HOW TO HELP A FRIEND WITH STRESS

ZAGS = help
ZAGS

SIGNS
- Sudden changes in eating habits/sleeping habits
- Increased use of alcohol, drugs, or other risky behaviors
- Indecisiveness
- Anxiety, confusion, and/or short-tempered
- Inability to concentrate, pay attention, or get organized

WHAT TO DO
- Talk a walk!
- Talk to GU Outdoors to find a great hike for you.
- Get off campus!
- Talk to the team in Student Involvement and Leadership to see what fun Gonzaga-sponsored events might be happening!
- Get a group together to do a new activity.

WHAT TO SAY
- Ask open-ended questions, not just a yes/no answer!
  "I haven’t seen you around much lately, how are things?"
- Use "I" statements in order to focus on your friend and the concern you have for them:
  I feel... (emotion) when... (situation) because... (why). I’m wondering...
  (suggestion)
Example: I feel concerned when you can’t get out of bed because I care about you. I’m wondering if it would help to talk to a counselor.

HOW TO GET HELP
- Talk to your professors, let them know what’s going on.
- Stop into CCP and talk to one of the case managers.
- Fill out a Student of Concern form on Gonzaga’s website.
- Spend time with a friend and let them know you’re struggling.
- If you live on-campus, go to your RA or RD for extra support!

WHERE TO REFER
Gonzaga
Center for Curia Personalis
509-313-2227
Case Management
729 E. Boone Ave.
Wellness & Prevention Ed.
III N. Cincinnati St.
Health & Counseling Services
704 E Sharp Ave.
509-313-4052