

# HOW TO HELP A FRIEND STRESS

**ZAGS**  
=help=  
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## 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

## 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!

## 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.

**WHERE TO  
REFER**

  
**GONZAGA**  
Center for Cura Personalis  
509-313-2227

Case Management  
729 E. Boone Ave.  
Wellness & Prevention Ed.  
1111 N. Cincinnati St.

Health & Counseling  
Services  
704 E Sharp Ave.  
509-313-4052