

# IS CONFLICT STRESSING YOU OUT?

**CONTACT THE OMBUDS**

CONFIDENTIAL

INDEPENDENT

VOLUNTARY

INFORMAL

IMPARTIAL

## How can the Ombuds help when experiencing conflict?

**Talk**

- Feel heard
- Sounding Board
- Vent

**Clarify**

- Policies
- Resources
- Process

**Coaching**


- Conflict Engagement
- Communication
- Decision Making

**Plan**

- Identify Options
- Discuss Strategy
- Determine Actions

## How do I arrange an appointment with the Ombuds?

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Ombuds for the Graduate School Community

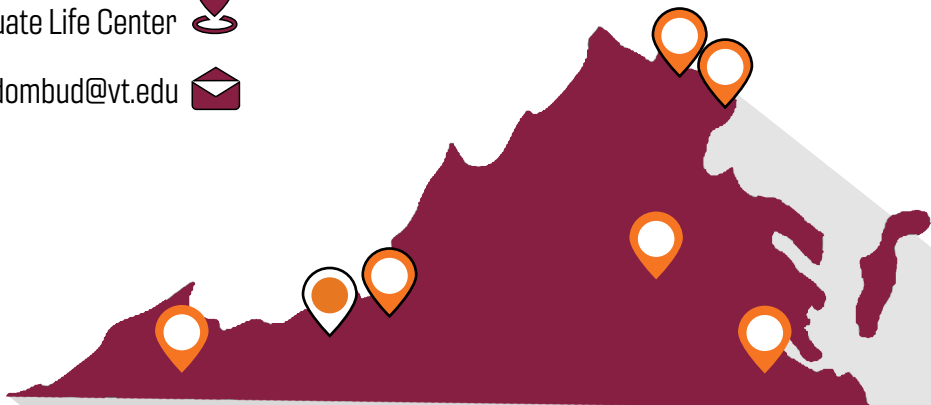
540-231-9573 

Suite 120 in the Graduate Life Center 

gradombud@vt.edu 

### YOUR RESOURCE FOR SUPPORT

Available to all graduate students of Virginia Tech  
(In-person or via Zoom)



## 10 TIPS TO HELP MANAGE STRESS

- 1 Learn to Relax.**  
Sit down and get comfortable, slowly take a deep breath in, hold it, and then exhale.
- 2 Practice Acceptance.**  
With acceptance, you're not condoning or agreeing with the situation, but you're recognizing that it exists.
- 3 Talk Rationally To Yourself.**  
Remember, everyone makes mistakes. Be kind to yourself.
- 4 Get Organized.**  
Develop a realistic schedule of daily activities that include time for work, sleep, relationships, and recreation.
- 5 Exercise.**  
Physical activity has always provided good relief from stress.
- 6 Reduce Time Urgency.**  
Practice the notion of "pace, not race." Recognize you can only do so much in a given period of time.
- 7 Disarm Yourself.**  
Every situation in life does not require you to be competitive. Instead, adjust your approach to an event according to its demands.
- 8 Create Quiet Times.**  
Hobbies are good antidotes for daily pressures. Balance your family, social, and work demands with special private time.
- 9 Watch Your Habits.**  
Eat sensibly - a well balanced diet will provide all the necessary energy you will need during the day.
- 10 Talk To Friends.**  
Daily doses of conversation, laughter, regular social engagements and occasional sharing of deep feelings and thoughts can reduce stress quite nicely.