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?

Bryan Hanson
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)

http://graduate.ombudsman.vt.edu
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.

   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 special engagements and occasional sharing of deep feelings and thoughts can reduce stress quite nicely.

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