Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

IUPUI Counseling and Psychological Services (CAPS)
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Find us on Facebook by searching for "IUPUI CAPS."

Monday – Friday 9:00am – 4:00pm
Evenings by appointment only

IUPUI Counseling and Psychological Services

Promoting psychological health, well-being, and success for all students.

Empowering student learning, inclusion and success through engagement
What is Stress?
Stress is a physical and mental preparation to respond to any change or challenge. Most people, regardless of their cultural background, experience some degree of stress.

What are some Signs and Symptoms of Stress?
- Faster heartbeat
- Increased sweating
- Cold hands and feet
- Feelings of nausea or ‘Butterflies in stomach’
- Rapid breathing
- Tense muscles
- Over focus on small details
- Impaired judgment, and,
- Decreased enjoyment

These symptoms occur as one’s body responds to stress and releases adrenaline. While adrenaline helps in a fight-or-flight situation, excessive levels can also impair performance by narrowing attention, disrupting focus and concentration, promoting negative thinking, etc.

In addition, long-term physical symptoms can occur when the body has been exposed to adrenaline for a sustained period. Health problems may include:
- Changes in appetite
- Frequent colds
- Aches and pains
- Feelings of intense prolonged fatigue
- Worry and anxiety
- Feeling out of control or overwhelmed
- Lethargy
- Sleep disturbances
- Mood changes: depression, hostility, helplessness, impatience & irritability, etc.

Other Possible Causes?
These signs and symptoms of stress may also be caused by a variety of other factors, including medical conditions. If your physician finds no medical cause and you notice a number of these symptoms, it might be worth investigating stress management.

What are Some Stress Management Strategies?
The followings are some positive ways to manage stress:
- Learn to plan: prioritize and take on projects one at a time
- Learn to play: find past-times or hobbies which are enjoyable, regardless of your level of ability
- Take care of your physical self, including sleep, nutrition, and exercise.
- Recognize and accept limits: set reasonable, achievable goals. Re-evaluate your goals with ruthless realism
- Learn to tolerate and forgive: intolerance, expectations and judging of others lead to anger and frustration. Try to understand the other person’s fears and concerns even if you do not agree with their behaviors or opinions
- Be a positive person: avoid criticizing, learn to praise the things you like in others. Excessive criticism of others almost always reflects self-dissatisfaction
- Avoid unnecessary competition: too much concern with winning in too many areas of life creates tension and hostility
- Focus on process/progress, not outcomes: enjoy the activity itself rather than focusing on how well you perform or what outcome or result the activity will bring you
- Talk out your troubles; find a friend or someone you can be open with. Expressing your ‘bottled up’ tension and concerns to an understanding and empathic ear can be very helpful
- Learn and practice relaxation techniques, such as deep breathing, progressive muscle relaxation, meditation, and imagery

When to Seek Professional Help?
Sometimes we need some assistance to sort out our stressors and find the right combination of stress management strategies. Such assistance can be provided by most mental health professionals, including counselors, psychologists, social workers, and therapists. Turning to these sources is regarded as a sign of strength and willingness to take action. It takes courage to face your stressors and not allow your past history or other factors to control you.