



News Release--For Immediate Release

Media Contact: Suzi McCreery / 561-478-5532 / smcCreery@keiseruniversity.edu

How to Survive and Thrive Despite Holiday Stress: Keiser University Professor Shares Tips with WPBF Viewers



Keiser University Psychology Professor Robin Schupper, Psy.D. is interviewed by WPBF reporter Angela Rozier

West Palm Beach, Florida – December 21, 2017 Keiser University psychology professor Robin Schupper recently shared with WPBF viewers that there are many reasons why we may experience heightened stress throughout the holidays, including increased financial, social, and work end of year obligations. Yet she remind us that recognizing that stress is normal, and can even be healthy, helps us to thrive in potentially overwhelming situations. She shares that if we look at anxiety and stress as “normal,” we can focus on learning how to deal with stressful events. We can see ourselves as capable and find practical solutions to problems.

To view the segment please visit: <https://www.msn.com/en-us/health/wellness/stress-for-the-holidays-you-e2-80-99re-not-alone/ar-BBHayTP>

Dr. Schupper offered these recommendations for maintaining a healthy frame of mind:

1. Have reasonable expectations for what we can and should accomplish. Also it is important to learn to say “No” or “I’m sorry, I have another commitment,” rather than overload ourselves.
2. Recognize that the ideal “Hollywood” holiday exists only in our minds and imagination. “Real” holidays can be messy, flawed, and unpredictable.
3. Find the humor in situations. Laughter has been demonstrated to reduce stress and decrease conflict. Watching a comedy may be a much better choice, either alone or with the family, than viewing a drama.
4. Consider what “triggers” lead us to feel more anxious or angry, such as changes in routine, long lines, crowds, rudeness, hypercritical family members, political discussion. Then, think through what problem behaviors they may lead to (e.g., losing your temper, spending or eating too much, drinking excessive alcohol).
5. Keep in mind that alcohol is a depressant. It slows down the nervous system, our reaction times, and our ability to process information. If we are already feeling angry or depressed, beer, wine, or liquor is likely to exacerbate these emotions and lead to decreased ability to control them. It can also interfere with sound sleep.
6. Talk to others about how we are feeling. We will be surprised how many other people share our experience. Realizing we are not alone and having a good support system can make a world of difference. When we reach out to others, our brains release a chemical that is often called the “love” or “cuddle” hormone: Oxytocin. Producing Oxytocin improves our mood, our sense of calm, and our ability to withstand stress.
7. Caring for others significantly can help to reduce our stress levels. Find someone who may need a kind word or an organization that could use a volunteer. Call a friend you have not spoken to lately.
8. One last suggestion: Smile! Research suggests that even if you are not feeling happy, smiling can improve your mood and help you to cope with stress. One specific way is by slowing down a rapid heartbeat.
9. If you feel as though you cannot cope at any point and need additional support, reach out. Call 211 24 hours a day / 7 days a week to speak to someone about available community services, and/or the suicide hotline.

Dr. Robin Schupper completed her Bachelor's degree in Psychology, with a minor in Writing, at Jacksonville University in Florida, and her Master's and Doctorate degrees in Clinical Psychology through Florida Institute of Technology in Melbourne, Florida. She completed her Internship at the V.A. Medical Center in Salem, Virginia, and Residency at a child and family-centered private practice in Greenville, South Carolina.

Dr. Schupper has been licensed as a Psychologist in the state of Florida since 1989. She served as a Court Psychologist for Palm Beach County, FL, performing evaluations for the Delinquency, Dependency, Family, and Criminal Courts, serving as an expert witness in Court, and co-writing and presenting the first Children of Divorce workshops in the county for parents involved in custody proceedings. In 1995, Dr. Schupper became the Chief Psychologist for the Broward County, FL Courts. She was a Florida Supreme Court Certified Dependency Mediator for the Broward County

Courts. She has also worked extensively in inpatient and outpatient facilities, as well as in private practice, conducting psychotherapy and assessment with children, adolescents, and adults.

Since 2012, she has been a University instructor, and joined the Psychology Faculty at Keiser University's Flagship Campus in August of this year.

About Keiser University

Keiser University, co-founded by Dr. Arthur Keiser, Chancellor in 1977, is a private, not-for-profit University serving nearly 20,000 students offering 100 degrees at the doctoral through associate level on 19 Florida campuses, online and internationally, employing 3,800 staff and faculty.

Ranked #52 out of 149 prestigious universities by U.S. News & World Report in its 2018 Best Regional Universities South category, Keiser University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and degrees at the associate, baccalaureate, masters, specialist, and doctoral levels. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Keiser University.

For additional information regarding Keiser University, visit www.keiseruniversity.edu.

###