

Stress Management Case Assignment

CASE #1:

D.G. is a 27-year-old female currently attending grad school at UVA and working as an intern at an investment banking firm approximately 50 hours per week, with occasional work on her laptop after dinner. While typically a positive person, she has been feeling extremely stressed during her internship, and many of her typical healthy behaviors have fallen out of habit. She has been less active than normal (she typically enjoys running several days per week) and has been eating out more often for meals. She feels somewhat out of control of her diet and lifestyle due to the stress. When she is stressed, she tends to wake up several times a night, which causes her to have low energy the next day. She also tends to under-eat and skip meals on particularly stressful days, which may be impacting her sleep and causes her to feel poorly when exercising. She is a devout Christian, but her typical morning prayer time has been cut into by having to wake up early for her commute to her internship. The increase in stress and lack of consistency in her diet and exercise habits has led to a reduction in self confidence, reduced energy, less mood stability, irregular menstrual cycles, mild IBS symptoms, and overall reduced quality of life.