



The Missing Link for SLPs Podcast

What I Didn't Learn in Grad School Series

freshslp.com

Episode 97: Stress: Managing it and being mindful with Jessi Andricks

Are you feeling like your stress levels are way too high? In this episode, Jessi Andricks talks about her very real experiences with stress both as an SLP grad student and subsequently working in the field. She brings great advice for us all on managing our stress, stress triggers, and building resilience.

Discussion & Reflection Questions

1. Are your expectations for where and who you are going to work with as a new SLP realistic? Have you thought about whether the area you will be living in has the populations you want to engage with, and/or how you could adapt with as little stress as possible if you need to?
2. Are you aware of your own personal stress triggers? Think about some strategies and tools you can use and engage in on a regular basis to manage and minimize stress in your life to help prevent it getting to a stage of full on burnout.
3. How well do you think you bounce back from adverse events or experiences? Read up on resilience and ways to help you adapt and come back from the tough stuff.
4. Think about how stress impacts different people in different ways, both in terms of the level they can handle, and how they may or may not show it to others.
5. What are ways that you take care of your mind and body to reduce both the physiological and psychological impact of stress?

About Jessi Andricks

MS, CCC-SLP; E-RYT 200hr, Integrative Health Coach



Jessi Andricks, MS, CCC-SLP, earned her Masters degree in Speech Language Pathology from the Medical University of South Carolina. She is a trained Integrative Health Coach and Yoga and Mindfulness Teacher, focusing on

Stress Management for SLPs and other Helping Professionals. She has presented at national and state conventions on the topics of stress management and burn out prevention. Jessi has written for the ASHA Leader Live and NSSLHA Blog, as well as created several CEU courses and been interviewed in several Speech-related Podcasts.

She also hosts the [SLP Stress Management Podcast](#) and runs the website, [JessiAndricks.com](#), where she has programs and resources to help SLPs reduce stress, burn out and overwhelm, including a [membership program "The Resilient SLP"](#) and the [online course "SLP Stress Management"](#).

Jessi currently lives in Raleigh, NC with her husband, two young children, and their dog.

Jessi can be reached at jessi@jessiandricks.com.

Mattie Murrey Tegels, MA, CCC-SLP, L, CPC, CLSC

Medical Speech-Language Pathologist and
Founder of Fresh SLP & Badass SLP



Mattie Murrey-Tegels is the founder and SLP behind Fresh SLP, Badass SLP, and The Missing Link for SLPs Podcast. She's been "in-the-trenches" as a medical SLP around the world for over 25 years and now an Assistant Professor for 3 years. She is thrilled to be adding this dream of a podcast

because paying her experiences forward is something she is very passionate about. If you ask her patients and students, one thing they will remember is how much she loves her job!

She may not look like it but she is a huge introvert and when she is not actively working as an SLP, she is almost always reading, writing (writing over 1,000,000 words a year), or listening to amazing Chicago Blues bands. She also loves being outdoors and definitely enjoys soaking up the sun at her home in Minnesota, where warm and sunny days can be limited. She's ridden motorcycles for many years, raced sled dogs, hiked huge mountains yet she cherishes the quiet moments of climbing into a hammock to nap or timeless conversations with friends and family.

The Missing Link for SLPs podcast and Fresh SLP is her legacy, giving back to a career that has so richly rewarded her.

*Do you have a question you'd like answered on the show?
Interested in sharing your experience as an SLP with our audience?
Send a message to Mattie@FreshSLP.com!*

Not a substitute for a formal SLP education or medical advice for patients/caregivers

The Missing Link for SLPs Podcast Show Notes

Quote from the Conversation

"If you're able to manage the stress, then you're able to think more clearly. You're able to problem solve. It helps you to be able to learn and absorb more of what you're learning, and then be able to problem solve and strategize, and figure out these things when you're trying to learn to do therapy, and when you're trying to figure out like what's going on with one of your patients that you're seeing, or when you're trying to pass a test or study."
- **Jessie Andricks**

Quote from the Conversation

"Stress is normal. It's part of life. And if we're not living, then maybe we won't have stress, but as long as we're living and engaging, stress is a part of it, and managing that."
- **Mattie Murrey-Tegels**

Keep the Conversation Going

Thank you for listening to *The Missing Link for SLPs* podcast! **If you enjoyed the show, I'd love you to subscribe, rate it and leave a short review.** Also, please share an episode with a friend. Together we can raise awareness and help more SLPs find and connect those missing links to help them feel confident in their patient care every step of the way.

Follow me on [Instagram](#), join the Fresh SLP community on [Facebook](#) or learn more at FreshSLP.com or badassslp.com.

Let's make those connections. You got this!

