

Stress Reduction in 5 Minutes or Less

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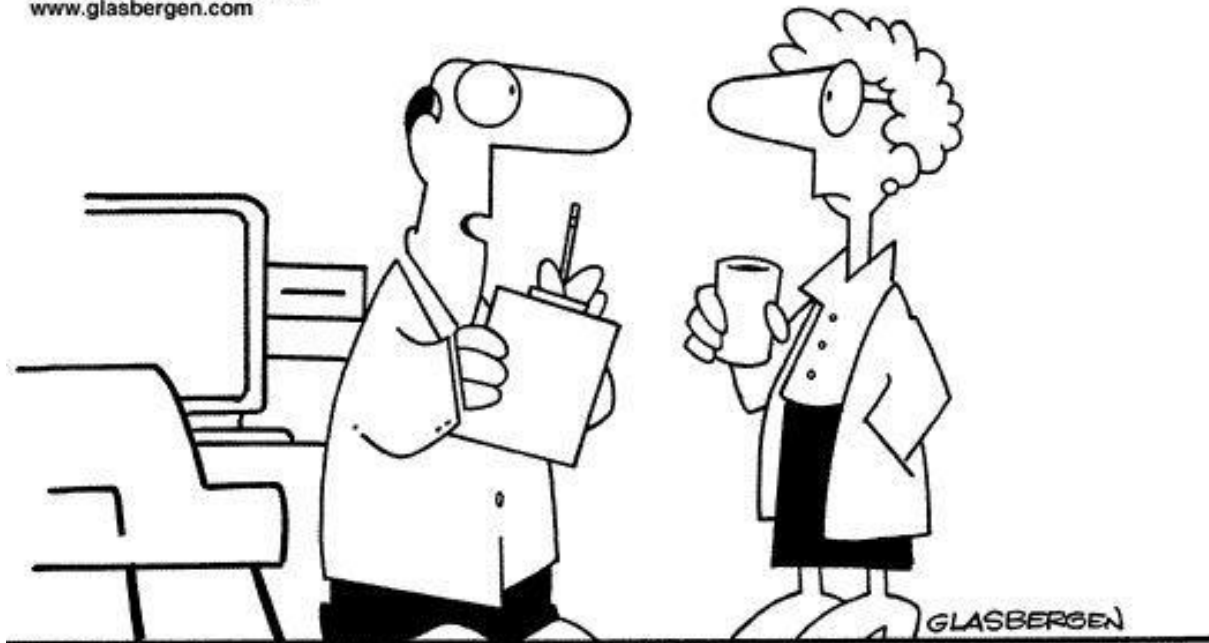
STUDENT HEALTH AND WELLNESS

Be well. Feel well. Do well.

What is Stress?

Stress is a Natural Part of Life

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www.glasbergen.com



“According to the latest research, the average human body is 20% water and 80% stress.”

“Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.”

www.nimh.nih.gov/health/publications/stress/index

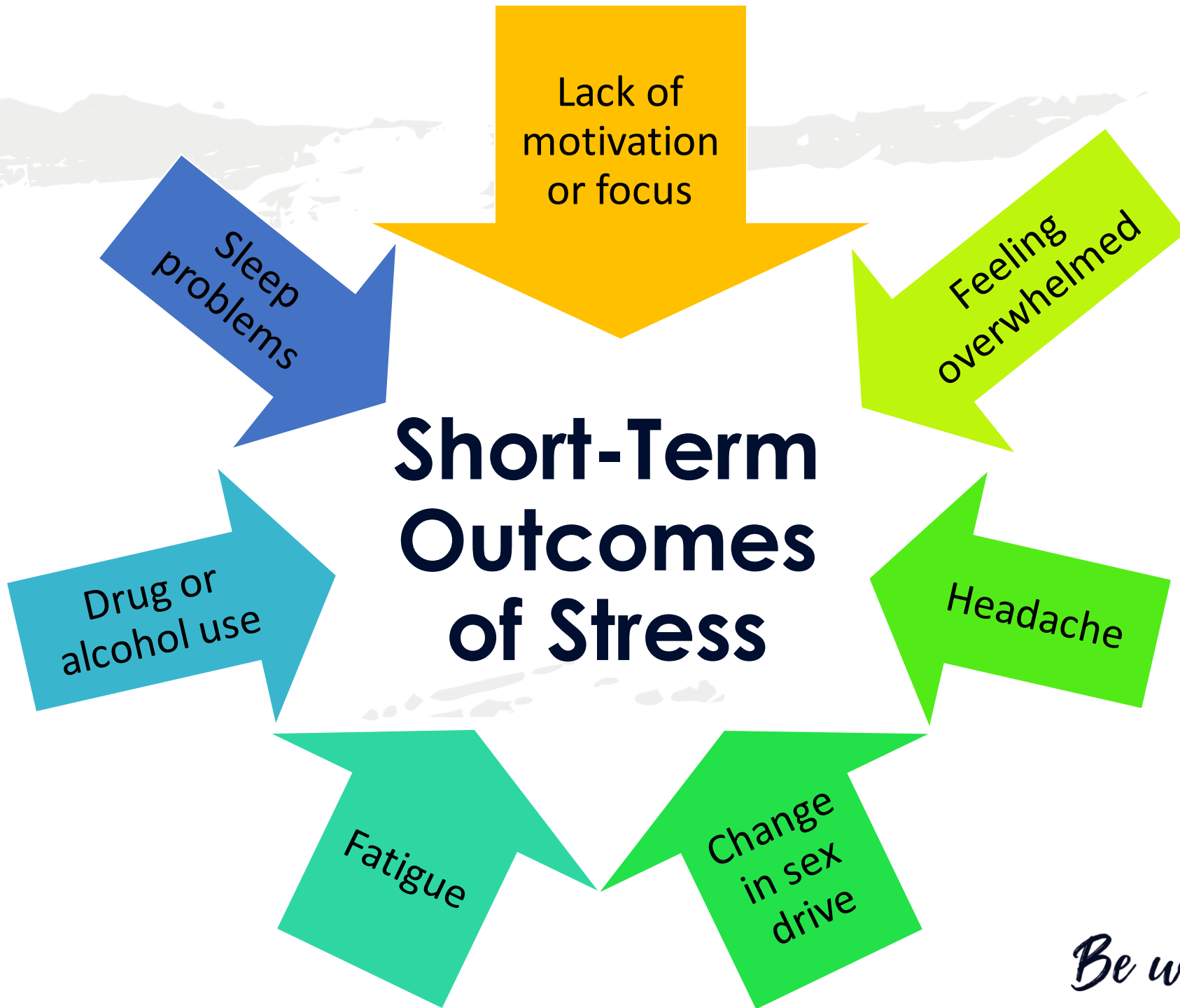
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Not All Stress is Bad or Unhealthy

- What is Eustress?
 - “Healthy, positive, constructive results of stressful events and stress response”
 - Eustress is a positive form of stress, which arises in situations where motivation or inspiration is found, examples could be meeting a role model. These situations are neither psychologically or physiologically harmful.
- What role does eustress play in college?
 - It allows us to engage with the challenges set fore by our classes, it boosts motivation, focus and energy, and improves decision-making
- Stress can:
 - Motivate
 - Prepare people to perform
 - Assist in life-threatening situations (Fight or Flight)



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- Stress can affect a person's body, thoughts, and behavior.
- To stay ahead of stress, it is important to be able to recognize the symptoms.
- A person may only express 1 or 2 of these outcomes.
- Stress left unmanaged can result in more serious health outcomes.

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What are some of the benefits of reducing stressors?

Improves
concentration
and mood

Boosts
confidence

Improves
academic
performance

Reduces
frustration

Lowers
fatigue

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9 ways to reduce stress

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4-7-8 Breathing

- What is it?:
 - A breathing technique to help relax the body, tame the fight-or-flight response and decrease anxiety or panic
- Benefits:
 - Helps regulate breathing
 - Reduces anxiety
 - Helps with sleep
- Where can you do it:
 - Anywhere
- How:
 - Place the tip of your tongue on the roof of your mouth, right behind your front teeth.
 - Breathe in through your nose for a count of 4.
 - Hold your breath for a count of 7.
 - Release your breath from your mouth with a whooshing sound for a count of 8.
 - Without a break, breathe in again for a count of 4, repeating the entire technique 3-4 times in a row, then resume normal breathing and activity

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Take a walk

- What is it?:
 - Being outside, or getting any form of exercise is good for the body and mind. Even a lap around the building can help a person clear their head.
- Benefits:
 - You release endorphins which reduce the perception of pain in the body
 - Reduce stress
 - Boost self-esteem
- Where can I do it
 - Inside or outside. Being outside will have added benefits
- How:
 - Take a walk as fast or slow as you want. Walk around the floor you're studying on, or head outside for a walk around the lake

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Progressive Muscle Relaxation

- What is it?:
 - It is a way of recognizing and releasing tension from muscles in a logical order.
- Benefits:
 - Lowers blood pressure
 - Decreases muscle tension
 - Reduces fatigue
 - Can help you fall asleep
- Where can I do this:
 - Anywhere, but a quiet space works best
- How:
 - You can find recordings on Spotify, iTunes, YouTube
 - Or use this playlist we made:
<https://open.spotify.com/playlist/21d2TMMqvBH9RuCCrOu88J?si=c5AL9H62RkOeHHWrd5R9XA>

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Smile

- What is it?:
 - Putting a happy face on
- Benefits:
 - Lowers heart rate
 - Reduce overall stress levels
- Where can I do it
 - Anywhere
- How:
 - When feeling stressed or managing a task that could be stressful, smile.

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Play a Mental Game

- What is it?:
 - This is a way to help reduce distractions. As we go through the day, our brains are hardwired to seek out and remember negative events, causing our brains to replay the stressful events.
- Benefits:
 - Reduces negative bias
 - Increases focus
 - Increases concentration
- Where can I do it:
 - Anywhere
- How:
 - Count backwards from 1000 by 7
 - Sing upbeat song lyrics
 - Create a sentence where every word begins with the same letter

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Watch a video

- What is it?:
 - Watching clips or live streams of something you enjoy
- Benefits:
 - Lowers blood pressure
 - Decreases muscle tension
 - Makes you more productive
- Where can I do this:
 - Anywhere
- How:
 - Find a clip on YouTube
 - Panda Cam: <https://nationalzoo.si.edu/webcams/panda-cam>
 - Puppy Cam: <https://explore.org/livecams/dog-bless-you/service-puppy-cam>
 - Explore.org

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Do a quick meditation

- What is it?:
 - “It’s about training in awareness and getting a healthy sense of perspective. You’re not trying to turn off your thoughts or feelings. You’re learning to observe them without judgment. And eventually, you may start to better understand them as well.” - Headspace
- Benefits
 - Lower stress
 - Helps you connect better
 - Improve focus
 - Reduces brain chatter
- Where can I do it:
 - Anywhere, but a quiet space would be best
- How:
 - S.T.O.P technique
 - Stop what you're doing
 - Take a few deep breaths
 - Observe how you're feeling mentally, physically and emotionally
 - Proceed, but with intention!
 - Use a app
 - Stop, Breathe & Think
 - 10% Happier
 - Headspace

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Color

- What is it?:
 - Coloring!
- Benefits:
 - Reduces anxiety
 - Creates focus
- Where can I do it:
 - Anywhere
- How:
 - A coloring book
 - An app
 - A blank piece of paper

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Make a cup of tea

- What is it?:
 - Take a few moments to get up and make a warm beverage
- Benefits:
 - Gives you time to stop thinking about the task at hand
 - Some teas, such as green teas, have components that have anti-stress compounds
- Where can I do it:
 - Anywhere there is hot water or a microwave
- How:
 - Move away from what you are working on, and make your beverage

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