



STRESS RELIEF

PRESENTED BY QADEERAH RASHEED -BROWN

STRESS IN HIGHER EDUCATION

Employees who showed higher levels of stress display:

- *FEWER* effective trouble shooting strategies
- *LACK* of clear instruction
- *INEFFECTIVE* office management
- *REDUCTION* in motivation ,productivity, and job satisfaction
- *INCREASED* physical and mental health problems, absenteeism and employee turnover
- *BURNOUT!!!*

STRESS IN HIGHER EDUCATION

- Examples of stress-reducing strategies with the most scientific support include yoga, exercise and mindfulness meditation. Yoga and exercise require physical exertion and have benefits beyond physical fitness. Both also trigger hormones that relieve stress and are associated with better mental focus and mood. No specific skills are required for mindfulness meditation, and with even a few minutes of practice most days, benefits include improvements to self-awareness, mental concentration and emotion regulation.

MAD JOURNALING

Writing without apology.....

- No grammar
- No fear
- No judgement

Nothing is taboo...

CURSING

- When cursing, our whole body and all emotions are connected — no guidelines, no filter. The release is complete, and thus stress relieving.
- Cursing can be an effective emotional release, especially for anger and frustration
- Improved psychological and physical health — The health benefits of swearing include increased circulation, elevated endorphins, and an overall sense of calm, control, and well-being.



COUNTING STONES

Similar concepts:

- Rosary beads(Catholicism) and Dhikr beads(Islam) sometimes used to help people relax during prayer
- Worry beads


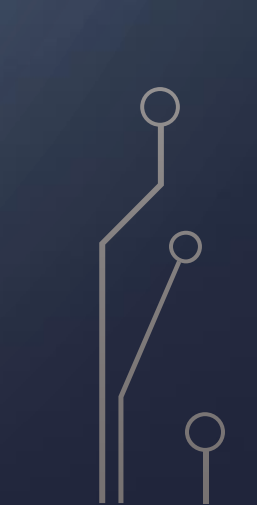
MINDFULNESS VS. VISUALIZATION

- AWARENESS OF SOMETHING
 - BEING PRESENT IN THE MOMMENT
 - OUTER SELF
- AWARENESS OF NOTHING
 - ESCAPE
 - INNER SELF



Progressive muscle relaxation

(PMR) is a deep relaxation technique that has been effectively used to:

- A decrease in your heart rate
 - A lowering of your blood pressure
 - A decrease in your rate of breathing
 - Your shoulders and chest will have relaxed, and so your breath will be deeper and not so shallow and high up in the chest.
 - Better oxygen levels in your bloodstream
 - Your brain wave activity will shift from beta waves to an increase in alpha waves, resulting in a more relaxed mental state with less mental chatter
 - Less muscle tension throughout your body
 - Decreased anxiety and panic
 - Lowers insomnia by relaxing restlessness and racing thoughts
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COLORS FOR STRESS RELIEF

- *Blue*
- *Olive green*
- *Tan*
- *Soft gray*
- *Light yellow*
- *Pink*
- *Lavender*
- *White*



OTHER WAYS TO DE-STRESS AT WORK

- 1. Take a Walk
 - 2. Take a Deep Breaths
 - 3. Stretch
 - 4. Meditate with an App
 - 5. Talk It Out with a Friend
 - 6. Get Inspired with a TED Talk
 - 7. Drink Tea Instead of Coffee.
 - 8. Take a Power Nap
 - 9. Take a Reading Break
 - 10. Work Outside
 - 11. Simple acts of acknowledgment
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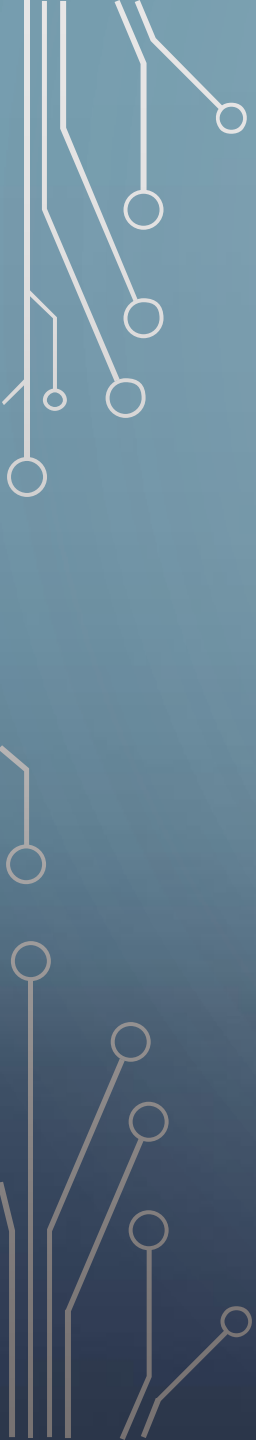
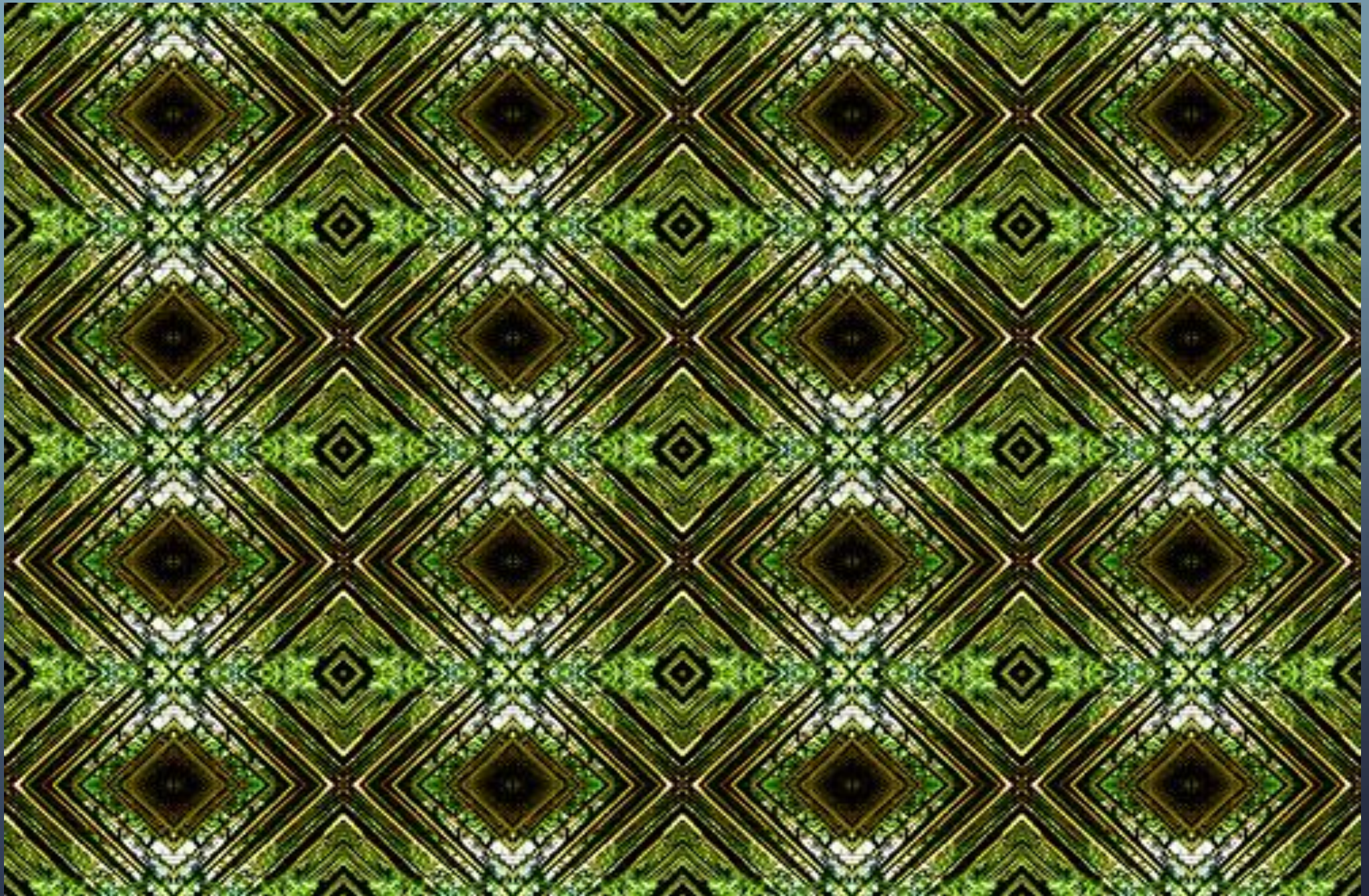
SCENTS FOR STRESS RELIEF

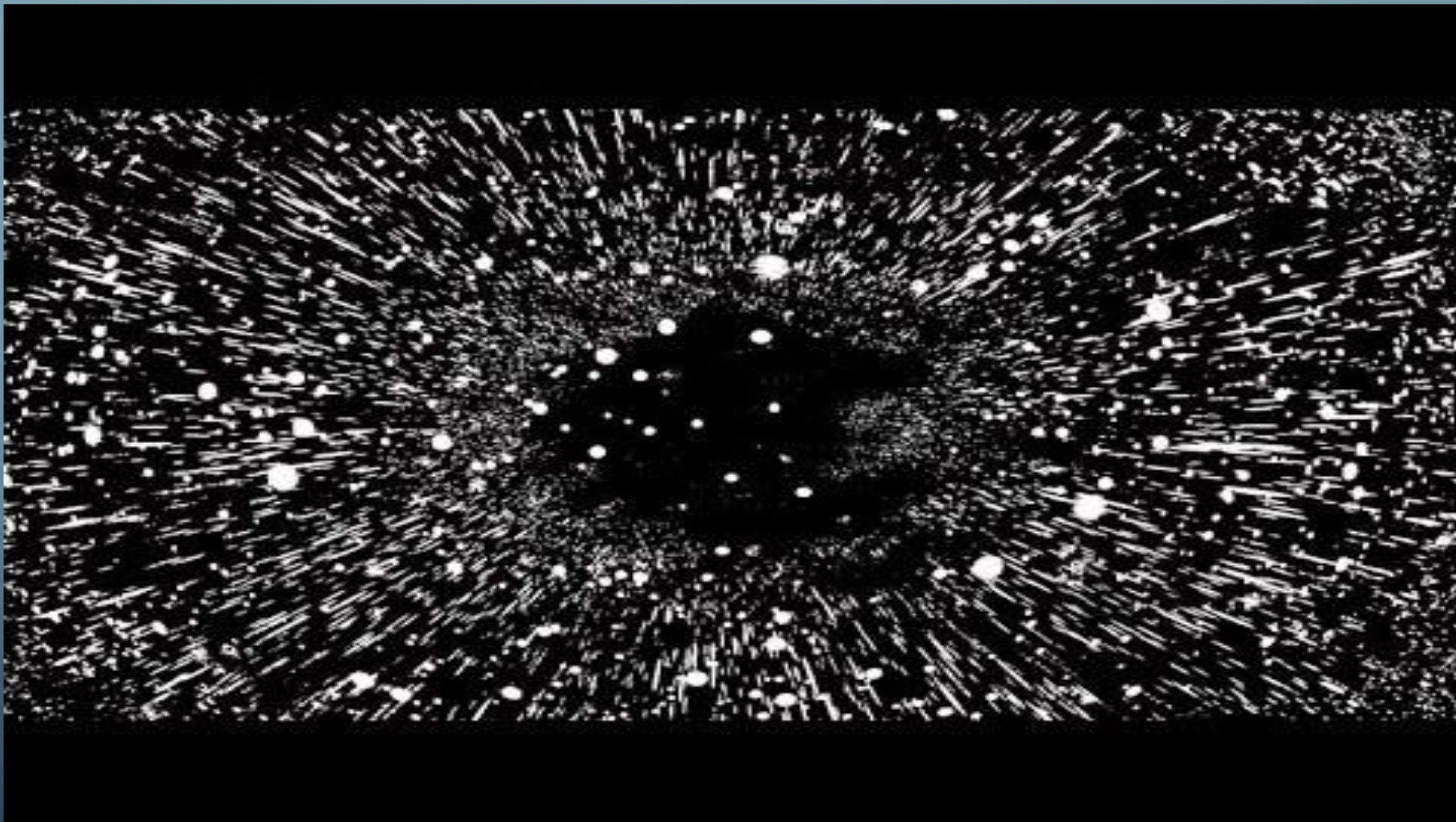
- *Lemon*
- *Lavender*
- *Jasmine*
- *Rosemary*
- *Cinnamon*
- *Peppermint*
- *Chamomile*
- *Bergamot*

SEATED YOGA POSES TO RELIEVE STRESS

Ujjayi Breathing
Kumbhaka Breathing

- Cat Pose
- Cow Pose
- Seated Side Bend
- Seated Side Twist
- Forward Fold
- Pigeon Pose
- Extended Side Angle
- Modified Head of Cow Pose





VISUAL (PICTURES AND PATTERNS)

