

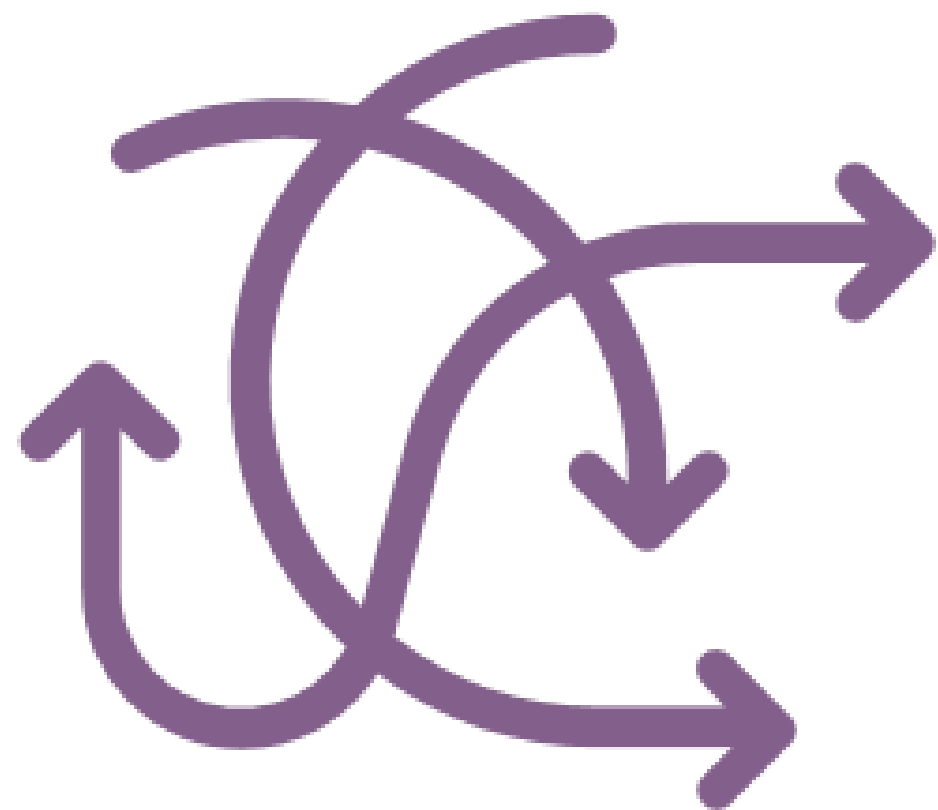
# Stress & Burnout Self-care & Balanced Routines

*& Ways to Promote your Holistic Wellness*



# WHAT IS STRESS?

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- Stress is how the brain and body respond to any demand.
- Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.
- A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.
- Some people may cope with stress more effectively and recover from stressful events more quickly than others.

# STRESS & YOUR HEALTH

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- For immediate, short-term situations, stress can be beneficial to your health. It can help you cope with potentially serious situations.
- Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond.
- Yet if your stress response doesn't stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health.
- Chronic stress can cause a variety of symptoms and affect your overall well-being. Symptoms of chronic stress include:

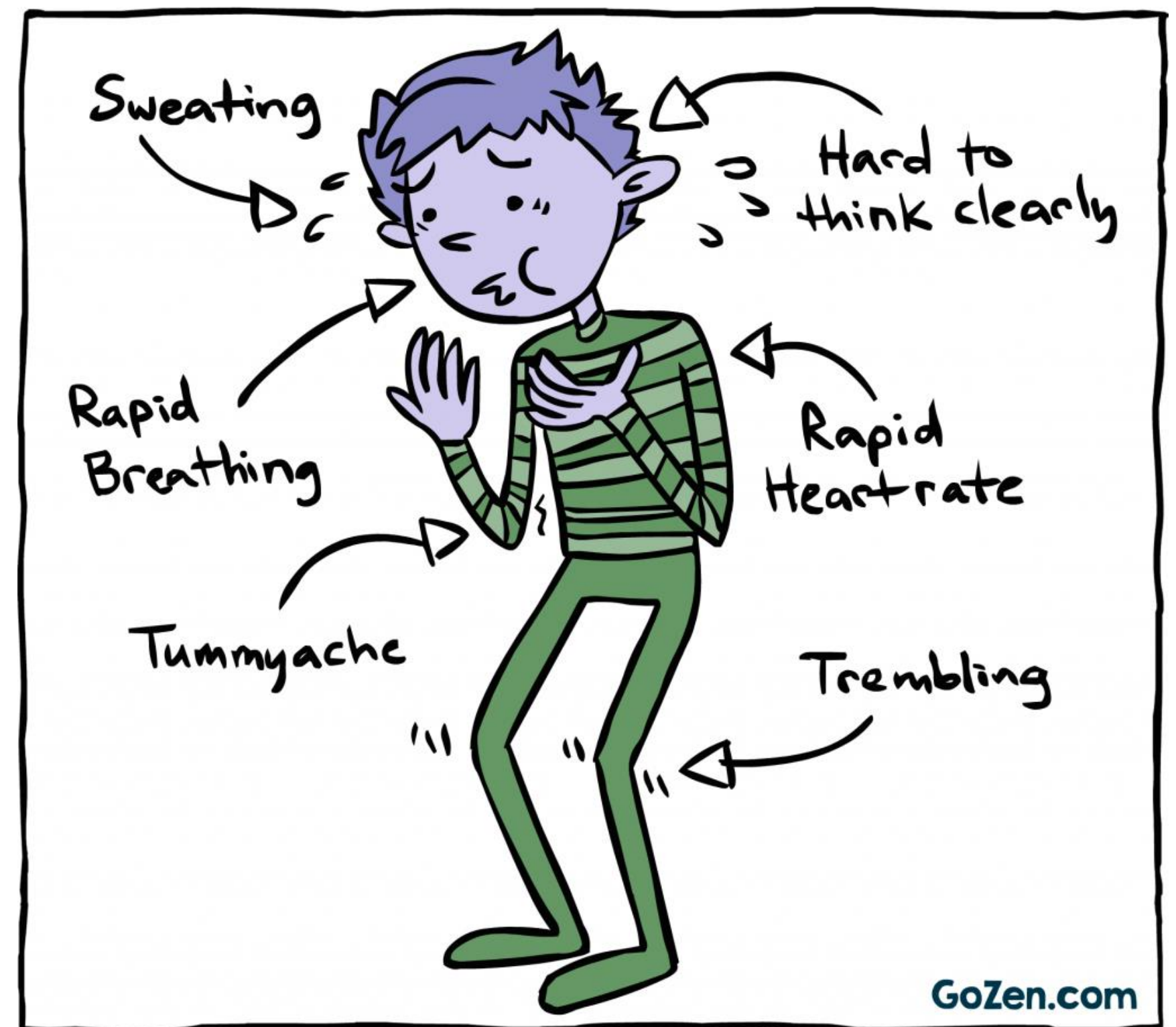


- *irritability*
- *anxiety*
- *depression*
- *headaches*
- *insomnia*

# SITUATIONAL STRESS

Increasing your awareness of the early signs of stress, anxiety can help you prevent the escalation of these feelings.

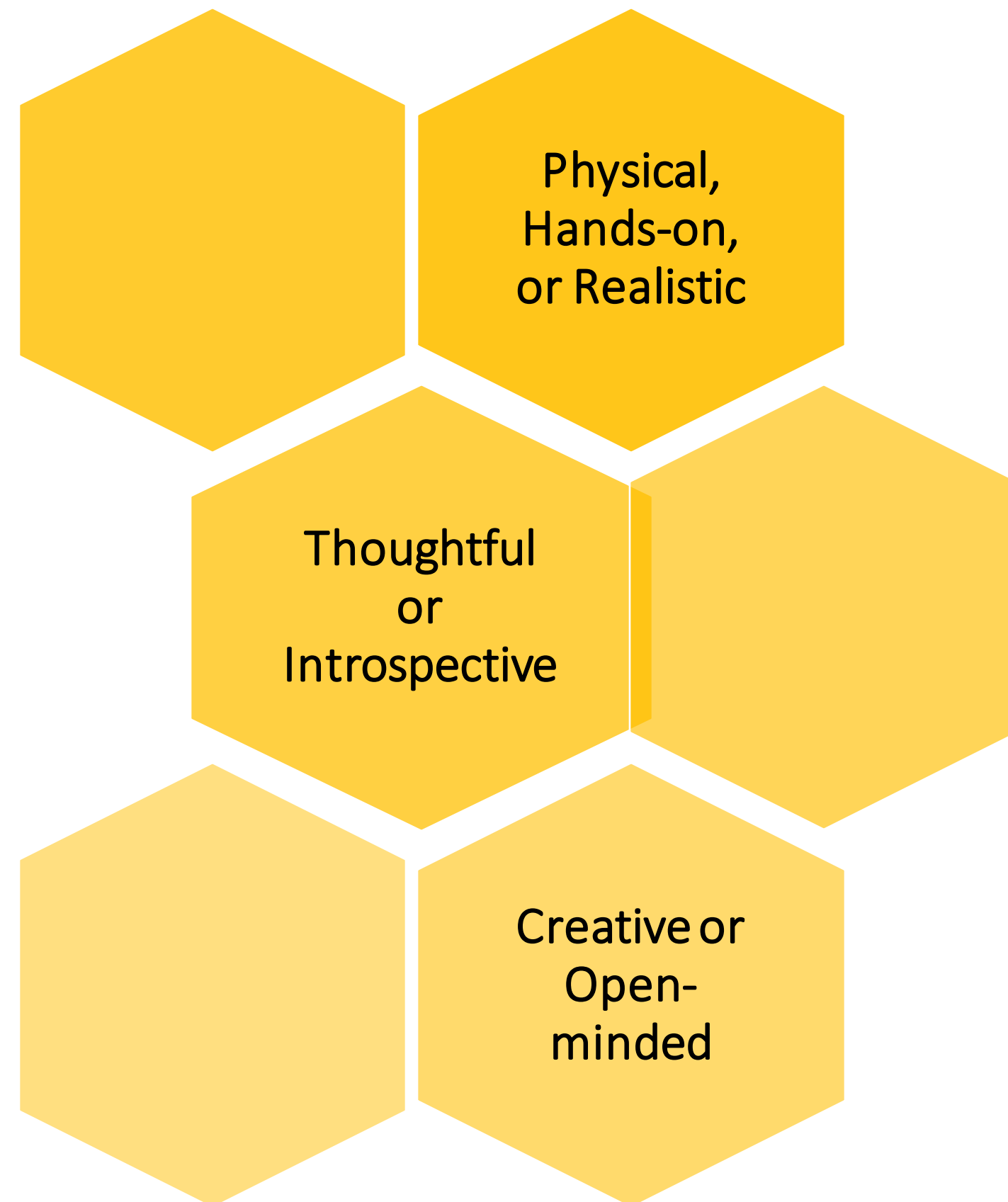
- Common indicators:
- Sweaty hands
- Jittery or shaking
- Quick breathing
- Constant thoughts that impact focus
- Nausea or upset stomach
- Tense muscles
- Headache
- Cognitive- negative self-talk



# WAYS THAT CAN HELP

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- What kind of person are you? Different interventions vary in effectiveness for different people.
- Take time to reflect on what generally makes you calm, positive, confident, and focused.



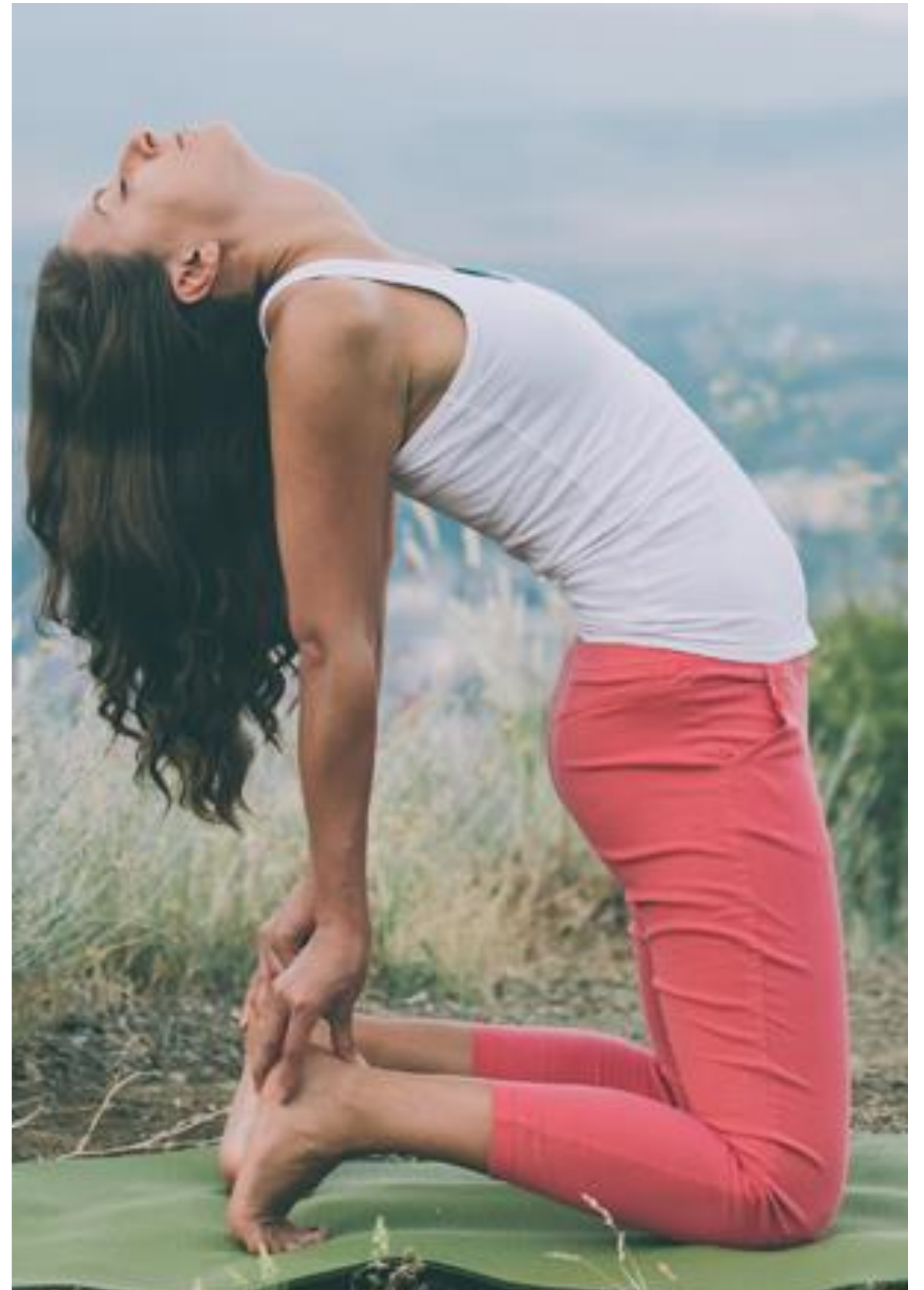


# RELAXATION TECHNIQUES

## The Tensing and Differential Relaxation Method

This may help you relax by tensing and relaxing your muscles all at once. Follow these procedures while you are sitting at your desk before taking a test:

1. Put your feet flat on the floor.
2. With your hands, grab the arms or seat of the chair.
3. Push down with your feet and pull up on your chair at the same time for about five seconds. Tense all muscles- arms, chest, legs- for 10 seconds.
4. Relax all muscles for 5-10 seconds.
5. Repeat the procedure two to three times.
6. Breathe in relaxation, breathe out tension.



# POSITIVE DISTRACTIONS

Finding ways to build positive experiences in that moment of stress or anxiety can be useful in those moments when it may be hard to think. What are things that distract you and bring you joy?

Music

Journaling

Reading

Exercise

Aromatherapy

## The Palming Method

The palming method is a visualization procedure used to reduce test anxiety. While you are at your desk before or during a test, follow these procedures:

1. Close and cover your eyes using the center of the palms of your hands.
2. Prevent your hands from touching your eyes by resting the lower parts of your palms on your cheekbones and placing your fingers on your forehead. Your eyeballs must not be touched or rubbed in any way.
3. Think of some real or imaginary relaxing scene. Mentally visualize this scene. Picture the scene as if you were actually there, looking through your own eyes.
4. Visualize this relaxing scene for one to two minutes.



# GROUNDING

Connect yourself to the here-and-now in order to decrease the stress that comes from thoughts and anxieties.

Bring yourself back to your balanced state

## Grounding Exercise

*For use during a panic attack,  
when you need to stay calm,  
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

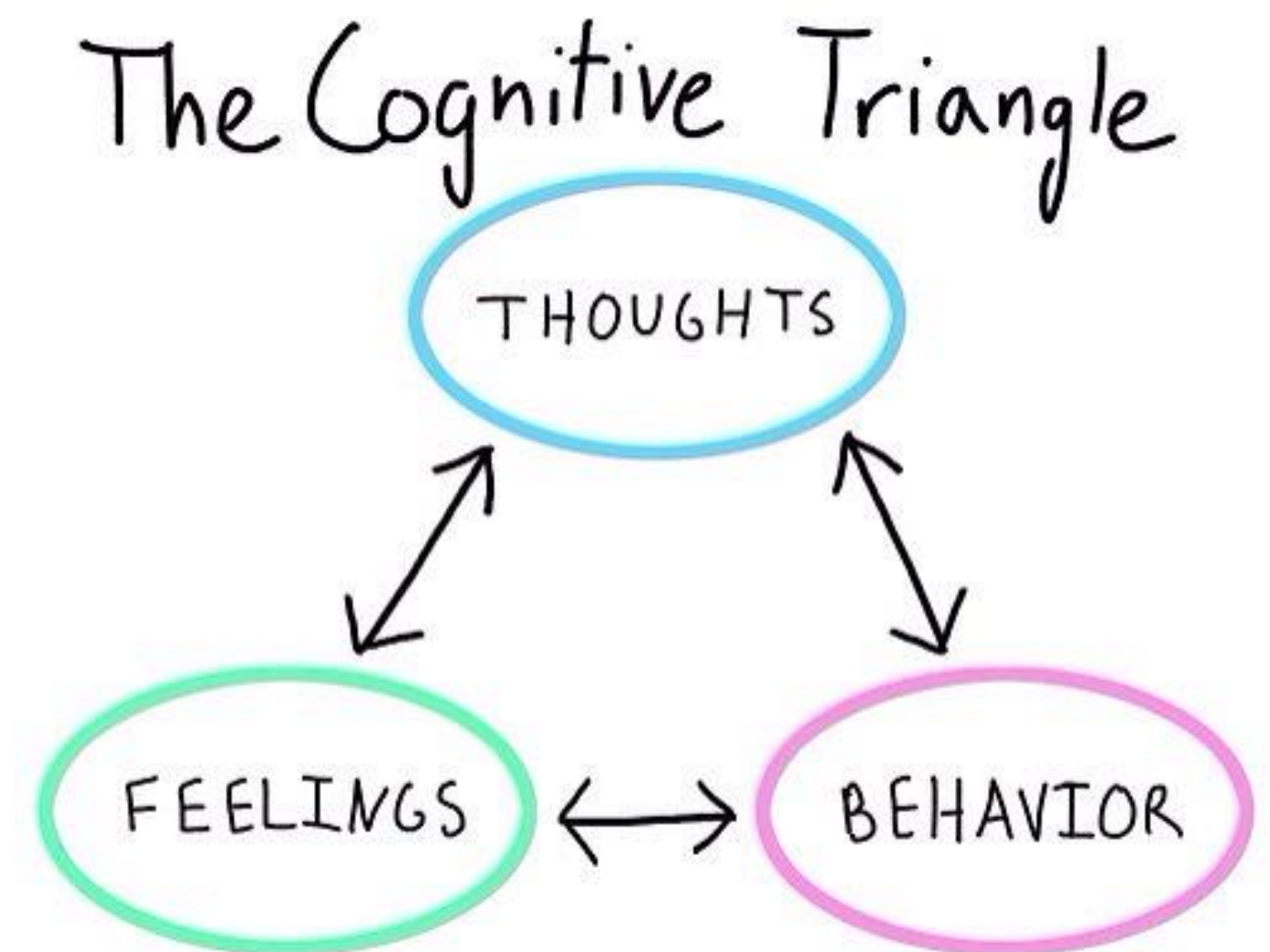
2 things you **smell**

1 thing you **taste**



# SELF TALK

- Worrying can motivate you, but too much worrying may have the opposite effect.
- **Negative self-talk** is a form of worry that can interfere with your performance and concentration.
- Negative self-talk is defined as the negative statements you tell yourself.
- Negative self-talk causes people to lose confidence and to give up.
- People need to change their negative self-talk to positive self-talk.
- **Positive self-talk** can build confidence and decrease your anxiety.
- Positive self-statements can improve studying and test preparation, or your social interactions.



# CREATING USEFUL SELF TALK

Before the situation, make up some positive statements to tell yourself.

**GATHER THE EVIDENCE-** generally positive statements or facts that contradict the negative, defeating thoughts

**Example:**

*I am going to fail this exam.*

BUT- I read all the chapters, took notes in class, went to tutoring, saw the professor for help, went through all my flashcards...

**Example:**

*My social life sucks.*

BUT- My friends think I am funny, I can look at the pictures of memories where I had a fun time, I get a lot of invitations to social gatherings...

## exam checklist

|                              |  |
|------------------------------|--|
| EXAM:                        |  |
| CLASS:                       |  |
| DATE AND TIME:               |  |
| PERCENTAGE OF OVERALL GRADE: |  |



- IS YOUR SCHOOL BAG PACKED?
- DO YOU HAVE A PEN, PENCIL, RULER AND ERASER?
- DO YOU NEED A CALCULATOR? IF YES, IS IT WORKING?
- HAVE YOU PRACTICED YOUR VOCABULARY?
- HAVE YOU GONE THROUGH THE SYLLABUS?
- DO YOU KNOW WHERE THE EXAM IS HELD?
- HAVE YOU DONE ANY PRACTICE EXAM QUESTIONS?
- ARE YOU FAMILIAR WITH THE KEY READINGS?
- HAVE YOU PRIORITISED IMPROVING ON YOUR WEAKEST AREAS?
- ARE THERE ANY SUBJECTS YOU'RE STILL UNSURE ON?
- HAVE YOU LOOKED OVER YOUR CLASS NOTES?
- DO YOU KNOW HOW MUCH TIME YOU'LL HAVE IN THE TEST?
- ARE YOU FAMILIAR WITH THE CASE STUDIES AND EXAMPLES?
- HAVE YOU REVIEWED ALL THE FEEDBACK FROM YOUR TEACHER?
- ARE YOU CONFIDENT WITH THE CRITERIA TO PASS THE EXAM?

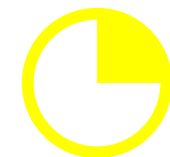


# BURNOUT PREVENTION

How Stressed Are You?



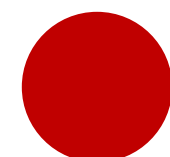
Normal Stress



Long Term Stress



Compassion Fatigue



Burnout



# SELF CARE

Self-Care – the activities initiated and performed by individuals to maintain their life, health, and well-being.



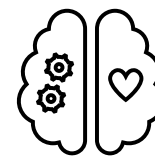
Alec  
@alecrl

Today I had 800 mg of caffeine, exercised for 2 hours, ate literally 80 pizza rolls, and did a facemask. The line between self care and self destruction is a fine one but god do I walk it hard brother



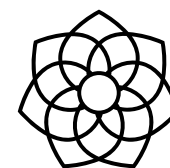
**Physical** – involves activities that improve your physical health

- Exercise
- Sleep
- Stay hydrated and eat well



**Mental & Emotional** – practices that maintain your mental strength and emotional health

- Counseling
- Positive Self-Talk
- Journaling



**Spiritual** – spiritually-based practices in which people engage to promote personal development and well-being

- Find time for Reflection
- Religious Services
- Meditation or Mindfulness
- Nature



**Social Life & Relationships** – having a supportive group and network of relationships around you whom you trust and turn to when needed

- Set healthy boundaries
- Learn how to say no
- Activities with loved ones



The Wellness Wheel illustrates a wellness model with seven dimensions: emotional, intellectual, physical, social, environmental, financial, and spiritual.

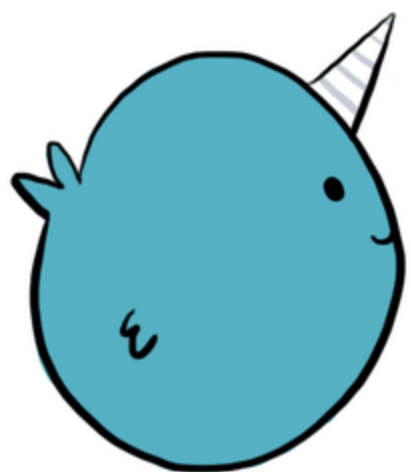
All of the dimensions are interconnected and important to a well-rounded and balanced lifestyle.



# YOUR SELF CARE IS UNIQUE



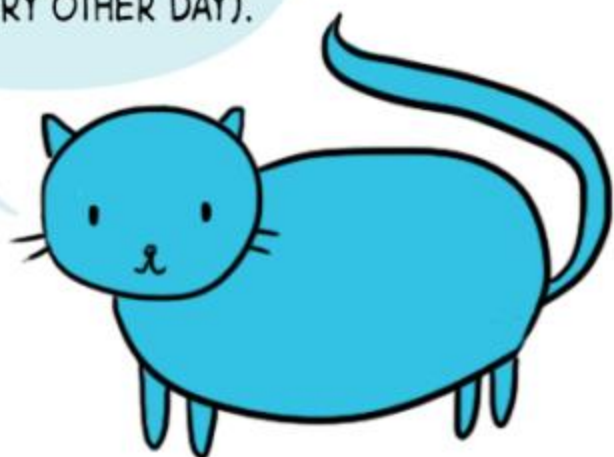
SELF-CARE IS NOT LAZY OR SELFISH. SELF-CARE IS HEALTHY. SELF-CARE IS IMPORTANT. SELF-CARE IS NECESSARY.



YOU DESERVE TO BE AS NICE TO YOURSELF AS YOU ARE TO OTHER PEOPLE.

EMM ROY

IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).



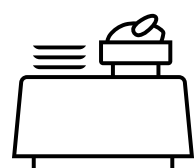
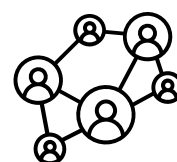
- ♥ “Self-care is dependent on the individual. It is based on what helps them to feel more like they’re in their natural state, which is the thing, place or feeling that would happen if there were no pressure on them — the thing they would want to do” (Bogue)
- ♥ Put simply, **you need to know what restores you and invest in those activities to prevent burnout.** But what fulfills these needs for you may look different than what fulfills needs for someone else.
- ♥ For example, someone who is highly extroverted may need to hang out with friends or family on a daily basis after work to buffer against burnout. Someone who is highly introverted, on the other hand, may require time alone to recharge.

# SELF CARE TIPS



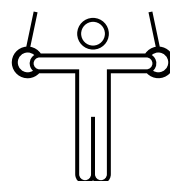
AVOID DRUGS AND ALCOHOL

FIND SUPPORT AND CONNECT SOCIALLY



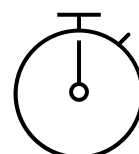
EAT HEALTHY AND DRINK WATER

EXERCISE REGULARLY

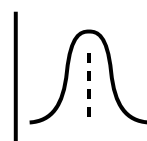


Get PLENTY OF SLEEP

GIVE YOURSELF A BREAK



MAINTAIN A NORMAL ROUTINE



STAY ACTIVE



## Self-Care *ISN'T*:

Blowing off plans with friends for the third time in a row to binge Netflix.

Shopping online as a distraction and blowing money on some skincare product you saw on Instagram.

Promising yourself that you'll work out every day this month, and then feeling like a failure because it's an unrealistic goal.



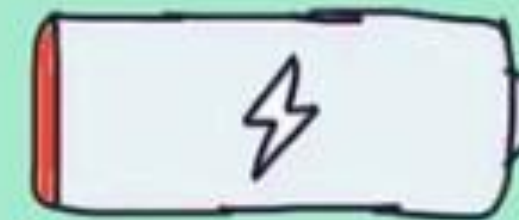
# BURNOUT PREVENTION

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Burnout prevention is about living out what is true about your body, your personality and your reality.

In your overall life, you do need to find time to take care of your health, do things you find refreshing, and have a sense of purpose.

The closer you are to living your truth, the less likely you are to burnout.



YOU WOULDN'T LET THIS  
HAPPEN TO YOUR PHONE.  
DON'T LET IT HAPPEN TO  
YOU EITHER.

SELF CARE IS A PRIORITY,  
NOT A LUXURY.



# THINK BIG OR SMALL



Going to the movies once/month

Buying myself a cookie once/week

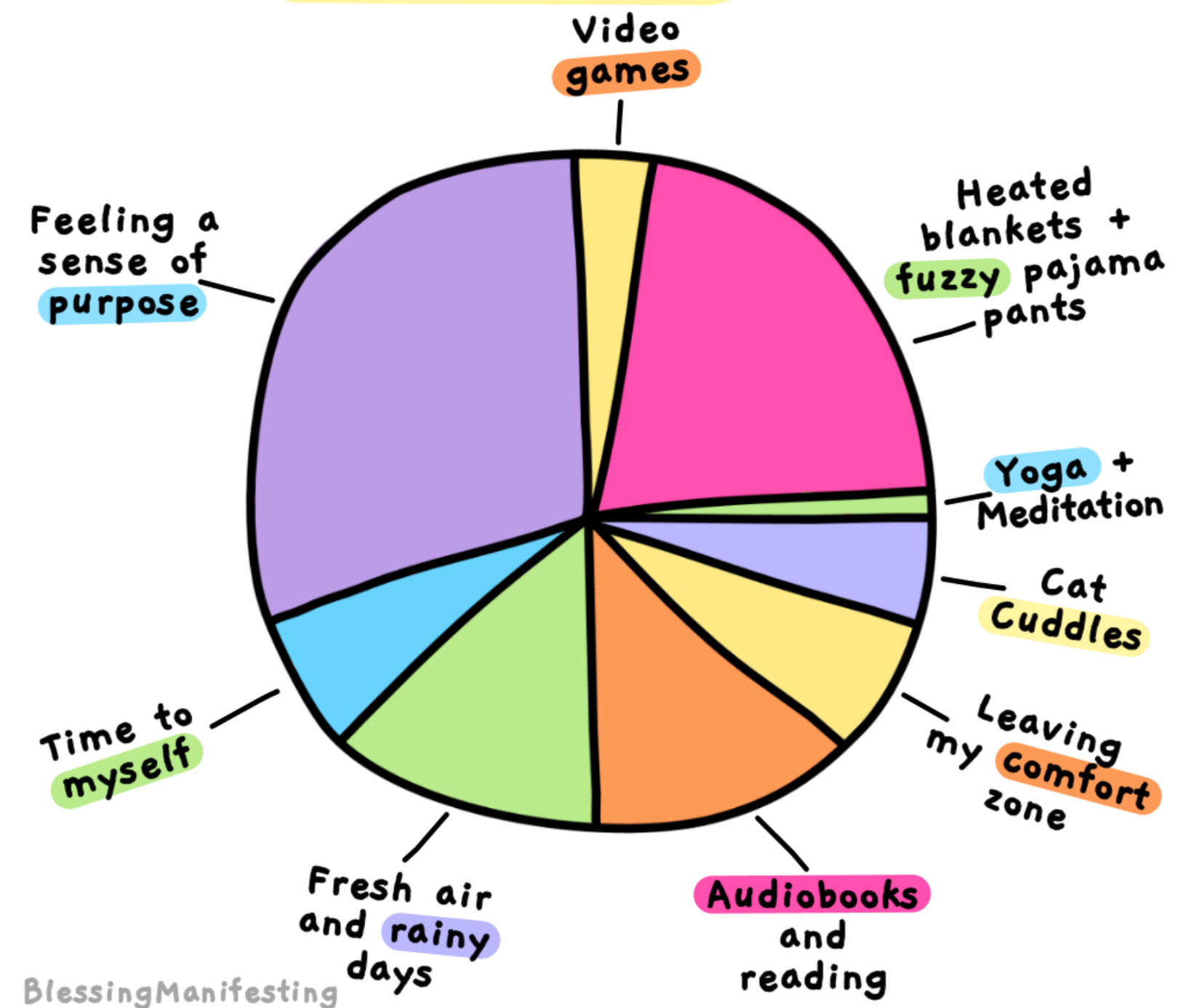
Taking 5 minutes every morning to drink tea and reflect

Asking a friend to lunch once/week

Listening to James Taylor or journaling when I notice frustration (moving quickly, sighing, hand on forehead)

Attend bi-weekly religious service/counseling/outdoors trip

## MY SELF-CARE CIRCLE



# MY BURNOUT PREVENTION

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- What are 3 activities I can keep in my routine every week that will prevent the build-up of stress or negative emotions?
- When are 3 REALISTIC times I can insert these activities into my schedule?
- What are my first signs I am getting burned out?
- What extra self-care can I insert into my routine when I see these first signs?
- What may be barriers to my self-care or burn-out prevention?
- What can help me overcome these barriers?
- When are the next 3 times I should reward myself? What rewards?
- Who are 3 people I can ask for help or support when I'm feeling stressed?
- What is my decompress song?
- What is my pump-up song?
- What is my comfort food/drink?
- One easily accessible way to cope with negative emotions:



# WHAT GIVES ME MEANING

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Reflecting on what gives you satisfaction and happiness in life can prevent burn out, as well!

Take time to write & reflect on what fills your cup: occupationally, relationally, recreationally, intellectually, creatively...



# ROUTINES & ONLINE LEARNING

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While it can be difficult to adjust to online learning, following these tips & tricks can make it easier to stay on track, be productive, and maintain a healthy lifestyle.

1. Set up a Work Space
2. Create a Daily Routine
3. Stay Connected
4. Practice Self-Care



# CREATING A WORK SPACE

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## 1. Minimize distractions

- Find a place you can work alone, or in a quiet environment
- Charge your phone in another room / out of sight
- Clean your desk of clutter, close unnecessary tabs on your computer
- Use headphones or a white noise machine

## 2. Gather study materials

- Find a comfortable chair or standing desk
- Gather relevant textbooks, notebooks, and handouts
- Have writing utensils, sticky notes, and highlighters on hand

## 3. Create a comfortable environment

- Experiment with lighting and temperature – natural lighting works best!
- Make yourself tea/coffee/water and have study snacks nearby
- Take breaks every 30 minutes to 1 hour! Walk around, use the bathroom

# DAILY ROUTINE BENEFITS

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Sticking to a daily routine helps to:

- Keep you structured and calm
- Maintain balance and consistency
- Achieve your goals
- Feel in control of your day
- Decrease stress and anxiety
- Focus on your priorities

# CREATING A DAILY ROUTINE

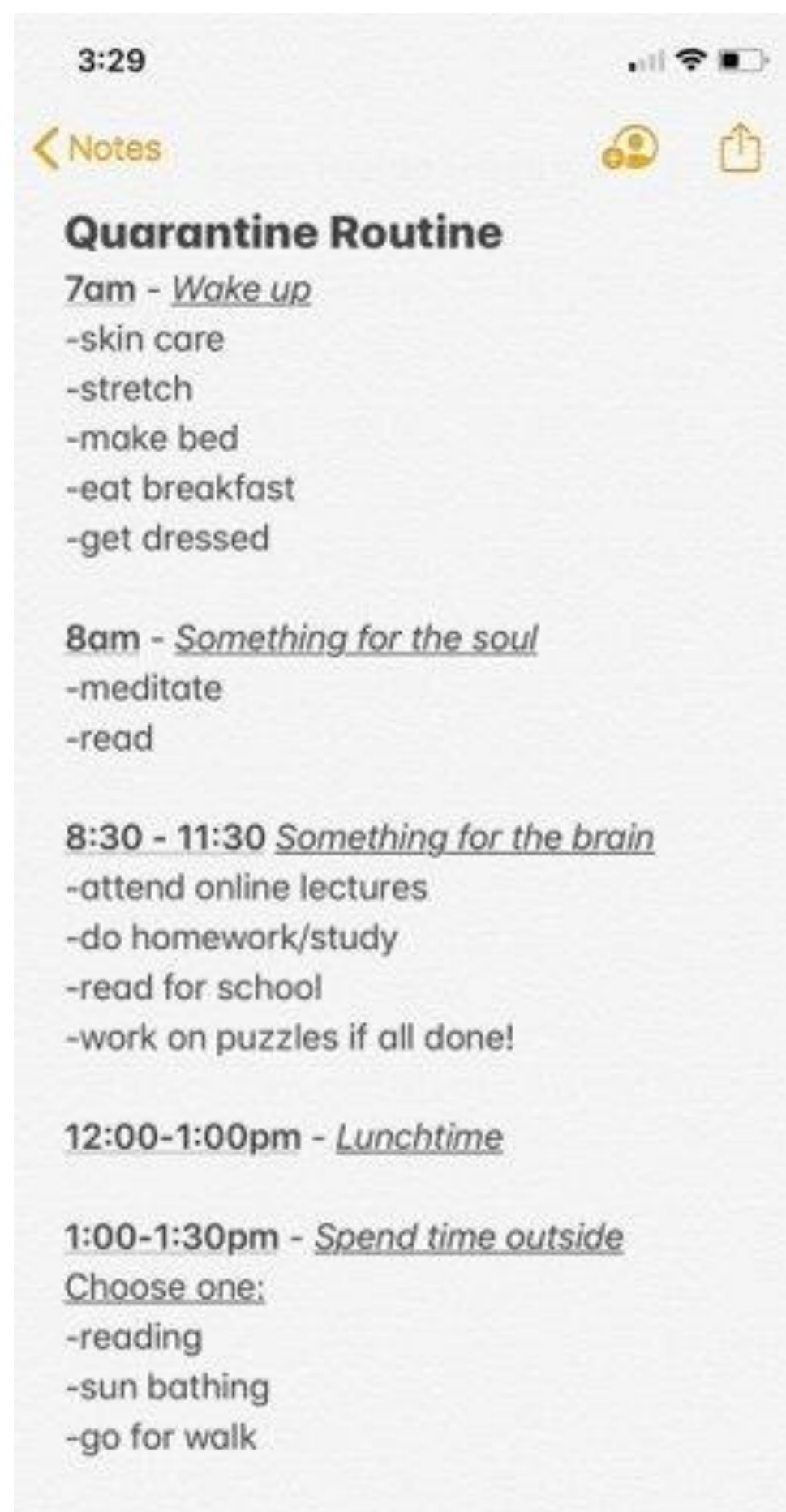
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Things to remember:

- Something for your HEALTH
- Something for your HYGIENE
- Something for your SOUL
- Something for your BRAIN
- Something OUTDOORS
- Something FUN
- Something ACADEMIC



# SAMPLE DAILY ROUTINE



- Made on the iPhone Notes App
- Broken Down into Time Frames
- Easy to Read
- Contains Multiple Options/Variety

# OVERCOMING BARRIERS

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Questions to ask yourself:

- What motivates me?
- What is my most productive time of day?
- Where is my most productive environment?
- What makes me feel great in the mornings?
- What are barriers to following my new routine?
- What distractions can I remove?
- How will I stay accountable to this routine?

# CALENDAR ROUTINE

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Setting reminders on your phone can help keep you on track & stay focused

Prioritize important events by setting up calendar events in Teams/Office/Gmail/Your Phone



# TIME MANAGEMENT

| Weekly Schedule<br>(Where do I invest my time?) |              |              |              |              |              |              |              |
|---|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|   | MONDAY       | TUESDAY      | WEDNESDAY    | THURSDAY     | FRIDAY       | SATURDAY     | SUNDAY       |
| 5:00AM  | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        |
| 6:00  | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        |
| 7:00  | Exercise     | Exercise     | Exercise     | Exercise     | Exercise     | Sleep        | Sleep        |
| 8:00  | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          |
| 9:00  | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 10:00   | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 11:00   | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 12:00PM   | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          |
| 1:00  | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 2:00  | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 3:00  | Class        | Class        | Class        | Class        | Class        | Work         | Work         |
| 4:00  | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Work         | Work         |
| 5:00  | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Work         | Work         |
| 6:00  | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          | Eat          |
| 7:00  | Homework     | Homework     | Homework     | Homework     | Homework     | Personal Tim | Homework     |
| 8:00  | Homework     | Homework     | Homework     | Homework     | Homework     | Personal Tim | Homework     |
| 9:00  | Homework     | Homework     | Homework     | Homework     | Homework     | Personal Tim | Homework     |
| 10:00   | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Personal Tim | Personal Tim |
| 11:00   | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        |
| 12:00AM   | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        |
| 1:00-4:00                                       | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        | Sleep        |

LSDS has hourly organizers on paper or electronic

Tutors and Learning Support Coaches are valuable resources available to support you in this!



# TIPS TO INCREASE FOCUS

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## Balance

- Don't do everything all day
- Constant schoolwork, communication, videos
- Break it up into parts of your day and make time for each

## Environment

- Move your room around
- Create different spaces: School nook, exercise corner, outdoor reading area
- Make a "phone spot"- make a time and space for your phone and leave it there!

## Technology

- Use technology
- Focus assist or apps to prevent distractions or block other apps,
- Use audio to listen/read at the same time, which helps you focus
- Super distracted during class? Set a ten-minute timer to make sure you are checking back in from your day dream.

# MOTIVATION TIPS

## Reward Yourself

- "When I finish half of my paper, I'm going to take my dog for a walk"
- "When I get my readings done for the night, I'm going to make a root beer float"

## Why Am I Doing This?

- End goal
- How will this pertain to my career
- Why did I pick this class

## Make a Countdown

- The last day of class is November 16th
- That is only   X   days away!
- Each day I am closer to graduating!



# STAY CONNECTED

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- Continue check-ins with people you generally meet with
  - *Example: Advising, LSDS, CEL, Involvement, Campus Min, clubs, fraternities & sororities, professors, friend groups, etc.*
- Schedule virtual events with your friends and family
  - *Example: Facetime Game Nights, Virtual Lunch "Dates", Netflix watch parties*

# PRACTICE SELF-CARE

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## PHYSICAL

- *Eat regularly*
- *Eat healthy*
- *Exercise regularly*
- *Get enough sleep*
- *Take care of your body & medical needs*
- *Meditate, breathe*
- *Do yoga*
- *Stretch your muscles*
- *Go for a hike*

## EMOTIONAL

- *Write in a journal*
- *Vent to a friend*
- *Meet with a counselor*
- *Write positive affirmations*
- *Sing in the car*
- *Spirituality / Religion*
- *Social media detox*
- *Read your favorite book*
- *Spend time with companion animals*

## INTERPERSONAL

- *Spend time with friends*
- *Go on a date*
- *Call your relatives*
- *Write thank you cards*
- *Set limits, boundaries*
- *Have a peer support group*
- *Ask for help when needed*
- *Comment nice things on friends' social media posts*

# IDEAS FOR FREE TIME

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- Journaling
- Yoga
- Enjoying a hot beverage
- Pleasure reading
- Play an app game with a friend
- Find a stay at home service project
- Puzzles
- Call an old friend
- Solo or Virtual dance party!
- Crossword puzzles
- Trivia games
- Online National Parks tours
- Podcasts
- Crafts and Art projects
- Mindfulness/Meditation
- Exercises
- Ted Talks
- Self-care day
- Movie marathons
- Creating electronic photo albums
- Organizing your space
- Writing letters to loved ones





# QUESTIONS?

THANK YOU

