# Stress Less Newsletter

As final week approaches we wanted to offer you a few resources and tools to support you in the final stretch of the semester. Within this newsletter you will find support to battle overwhelm and skills to stress less with relaxation and mindfulness.

## 7 Steps to Managing Overwhelm During Finals

### Tune In to thoughts and feelings

* *Notice* negative thoughts that may be sapping your motivation
* *Ask* yourself, “What am I telling myself about this project that is making me feel more overwhelmed by it?”

### Change Perspective This takes practice like any other skill

* *Calm down by* taking several slower deeper breaths or do another relaxation skill.
* *Remind yourself*, “I am feeling stressed, but I am not helpless” or “My stress can help me get this done.”
* *Repeat* your relaxation skill until you feel calmer and more mentally clear.

### Brainstorm

* *Write a list* of smaller steps that make up the whole task in no particular order—just start brainstorming.
* *Break down each step* into smaller and smaller steps until you find a few steps that are more doable.
* For each step *ask yourself questions* such as, “What part of this do I know how to do?” “Where could I start on this step? “ “Who can I ask for help?” “Where can I go for help?” “Who can I brainstorm ideas with?”
* *Create an outline* or organize the steps as needed

### Begin

* *Do one small thing*, maybe the thing you least dread doing. Projects don’t have to be done in order from beginning to end. Check it off the list.

### Give yourself credit for having started.

* Do another thing, and so on, chipping away at the whole.

### Use your momentum

* As you understand more and more how to complete the whole task, *develop a more specific plan and timeline* for completing it. *Remember* that most projects take longer than expected.

### When you get stuck, repeat the process

## Practice Mindfulness

Mindfulness is when you purposely bring your attention to your experiences occurring in the present moment. Practicing Mindfulness can help increase our ability to regulate emotions, decrease stress, anxiety, and depression. It also helps to look inward to our thoughts and feelings.

## Mindful Breathing

[Mindful Breathing Meditation](https://www.youtube.com/watch?v=nmFUDkj1Aq0&list=RDCMUCkB9zEEqnP9kMIf5VChd99Q&start_radio=1&rv=nmFUDkj1Aq0&t=19) this five-minute video is perfect way to start the day with a relaxed calming state.

## Square Breathing

[Square Breathing](https://www.youtube.com/watch?v=sC9EM5EZQrI) use this technique to help calm yourself if you are feeling overwhelmed, anxious, or stressed and just have a few minutes.

## Progressive Muscle Relaxation

[Progressive Muscle Relaxation - Simple Guided Calming Exercise for Beginners](https://www.youtube.com/watch?v=Z21Xslddz3Y) use this skill before an exam or right before bed to support a restful night sleep.

## Five Sense Mediation

* Five things you can see: Look around you and name five things you can see.
* Four things you can touch: Name four things that your body is touching right now.
* Three things you can smell: Pay attention to three things you can smell right where you’re sitting
* Two things you can hear: Pay attention to two things you can hear while you’re meditation.
* One thing you can taste: Name one thing you can taste while you’re sitting.

Mood Boosting Play Lists

* [Spotify Mood Boosters Play List](https://open.spotify.com/playlist/50GdIbMaIqqmKAccVOdhEW?si=pKS_l3brSLaWv1d5C2aYZQ&nd=1)
* [DPAN.TV](https://dpan.tv/programs/dpan-9ac72a?categoryId=20725) ASL signed music videos for Deaf students.

## Relaxing Background Noise

* Relaxing Fireplace-<https://www.youtube.com/watch?v=fXvRpK08ViA>
* Rainy Day Coffee Shop-<https://www.youtube.com/watch?v=mkgylOJSdhE>
* Ocean waves at Sunset-<https://www.youtube.com/watch?v=jEnd8JIMii4>
* Fire by the lake at sunset-<https://www.youtube.com/watch?v=-wKiNZ-u-HA>

## Recharge:

Make little tiles with a graphic and text lay over. Like this…



* Pet Play Date
* Get outside
* Take a Shower or Bath

## Practice Gratitude

[12 Most Popular Gratitude Exercises and Activities](https://positivepsychology.com/gratitude-exercises/) practicing gratitude is a simple yet effective way to boost your mood and improve your over health.

## Yoga at Your Desk

[Yoga at your desk](https://www.youtube.com/watch?v=tAUf7aajBWE)- Feeling tense try this short Yoga at your desk video.

## Yoga for Anxiety

[Yoga for Anxiety](https://www.youtube.com/watch?v=bJJWArRfKa0&list=PLui6Eyny-UzxO26jdbw2TPHcbRDKmFtZf)

We hope these resources bring you energy, peace, and confidence as you enter Finals week.

Be Well UM

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