Stress Reduction Workshop

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Ice Breaker

- How are you feeling?
  - or
- What’s one thing that has been helping you cope?
Mindfulness and Grounding

- **Peaceful Place Visualization**
  - [https://www.youtube.com/watch?v=G1bxxiiXc48](https://www.youtube.com/watch?v=G1bxxiiXc48)

- **Mindfulness**: the state of being present

- **Grounding**: techniques that help you become or remain present

- **5-4-3-2-1 Mindfulness Activity**
  - [https://www.youtube.com/watch?v=Ip-K-WUDihE](https://www.youtube.com/watch?v=Ip-K-WUDihE)
Tips for Stress Reduction

- Get moving: Exercise or get outside
- Eat healthy meals and get plenty of sleep
- Stay connected with social supports: Call a friend!
- Reframe thoughts
  - Ex: Instead of “I’m stuck in my house” → “I am safe in my house”
- Practice meditation, mindfulness, and deep breathing
- Practice self-care
- Think about what you are grateful for
- Give yourself a break (physically and mentally)
Breathing Exercises

4-7-8:
https://www.youtube.com/watch?v=N02BnHwS5FE

Deep breathing GIF:
https://giphy.com/gifs/help-satisfying-breathe-krP2NRkLqnKEg/fullscreen
Self-Care

You can't pour from an empty cup. Take care of yourself first.
Gratitude

I am grateful for

Every day may not be good but there's good in every day
Closing Activity

- Brainstorm and discuss:
  - Things you have control over right now
  - Things you can let go of right now
  - Things you are grateful for
  - Things you can do for your well-being/self-care while social distancing

- Then, write down one thing from each category

- Example:
  1. I have control over washing my hands.
  2. I can let go of my guilt about not being as productive as I wanted to be.
  3. I am grateful for FaceTime and beautiful weather!
  4. I will go on a walk outside tomorrow!
Resources

- **Headspace**
  - Offers guided mindfulness meditations
  - [https://www.headspace.com/covid-19](https://www.headspace.com/covid-19)

- **Breathing Exercises**
  - [https://copingskillsforkids.com/deep-breathing-exercises-for-kids](https://copingskillsforkids.com/deep-breathing-exercises-for-kids)

- **Self-Care Ideas**

- **Podcast: The Adult Chair**
  - Episode: “Natural Remedies for Anxiety and Overwhelm with Annie Boerner”
  - April, 1, 2020
Coronavirus Resources

- **“Stress and Coping”** from the CDC
  - Includes a helpful section for parents

- **“Coronavirus: Practicing Wellness While You Stay at Home”** from John Hopkins Medicine
  - Tips for working from home

- **“Tips for Social Distance for Graduate Students”** from Vanderbilt University
  - [https://studentorg.vanderbilt.edu/gsc/tips-for-social-distance-for-graduate-students/](https://studentorg.vanderbilt.edu/gsc/tips-for-social-distance-for-graduate-students/)
  - Includes tips for WFH, making a difference, etc.

- **“That Discomfort You’re Feeling is Grief”** by Scott Berinato at Harvard Business Review
  - [https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief)
Crisis Resources

- **Crisis Text Line**
  - Text **HOME** to **741741** to connect with a crisis counselor
  - Tips for handling Coronavirus

- **National Suicide Prevention Lifeline**
  - **1-800-273-8255**
  - Emotional Wellbeing during Covid-19
We’re all in this together!

Even if we can’t hold hands right now.