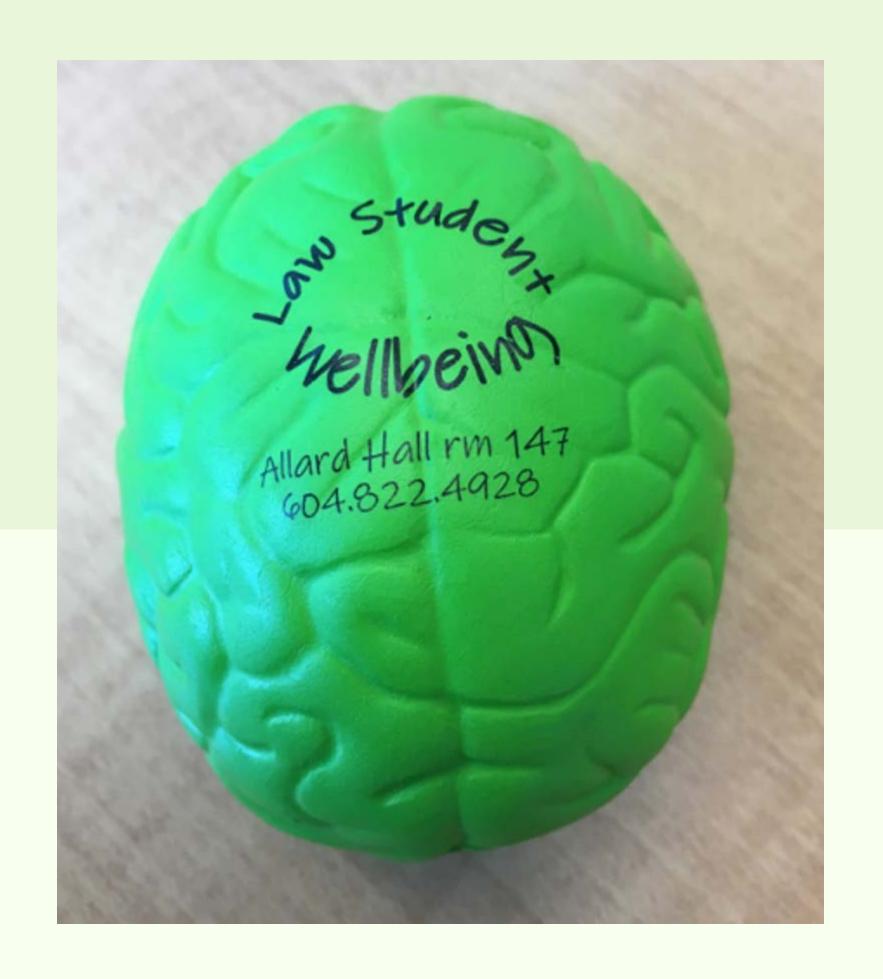


ALLARD SCHOOL OF LAW

AVAILABLE SUPPORT ITEMS

The Student Wellbeing Program







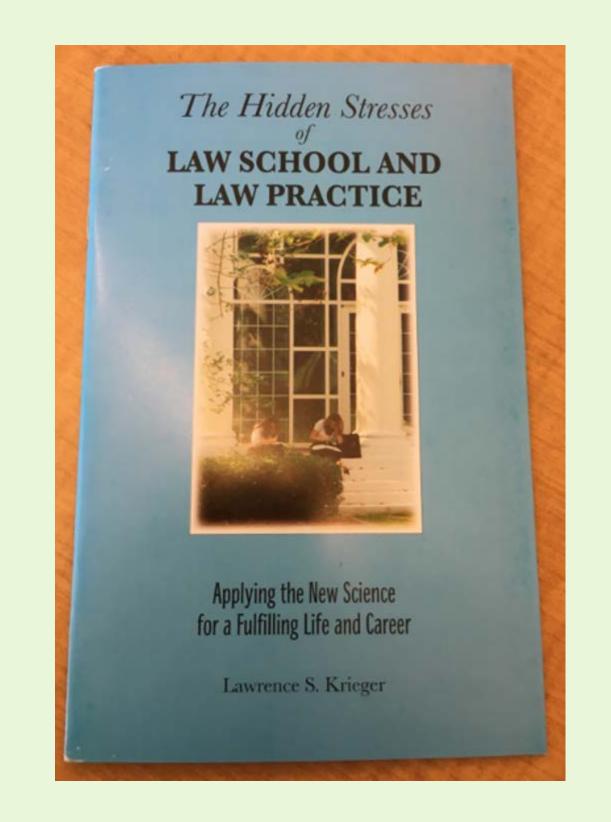
Brain squishy stress reliever





Booklet: The Hidden
Stresses of Law school and
law Practice: Applying the
new science for a fulfilling
life and career. by
Lawrence S Krieger







Progressive Muscle Relaxation relaxes the body

Shoulders: Push your shoulders back and down. Tighten the muscles. Hold. Feel the tension, and then release. Let your shoulders return to their usual position. Feel the relaxation. Repeat as needed.

Toes: Push your toes into the ground. Hold. Feel the tension, and then release. Wiggle your toes. Feel the

Can also tense muscles, eg. ha

relaxation. Repe

Breathing turns off stress response



Deep breathing:

- · Breathe in through your nose. Breathe out through your mouth. Push the air down deep into your
- · Focus on moving your turnmy and keeping your chest still. Focus on the sound and feel of your breathing.
- In through your nose, push the air deep into your tummy, then breathe out through your mouth. In and out, in and out.
- · Repeat as needed.



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Mindfulness being present and not ruminating about past,

present or future

Pay attention to the moment, open up your senses, and in your mind say:

- "In this moment I can see....."
- . "In this moment I can hear....."
- . "In this moment I
- · "In this moment I
- · "In this moment !

Pay attention to your it

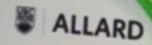


Thought Stopping cognitive control

· Say the word

"STOP" loudly in your mind. You can combine this with a small pinch/flick at the same time.

- Breathe in deeply through your nose, push the air down deep into your
- turnery, breathe out through your mouth. · Visualize yourself gathering up the negative thoughts (and emotions) and blowing them out with your breath. Say to yourself. "Blow it away" or "Let it go"
- Say an affirmation to compet loudly in your miss. I know this, I govern: "I can found."





Coping cards

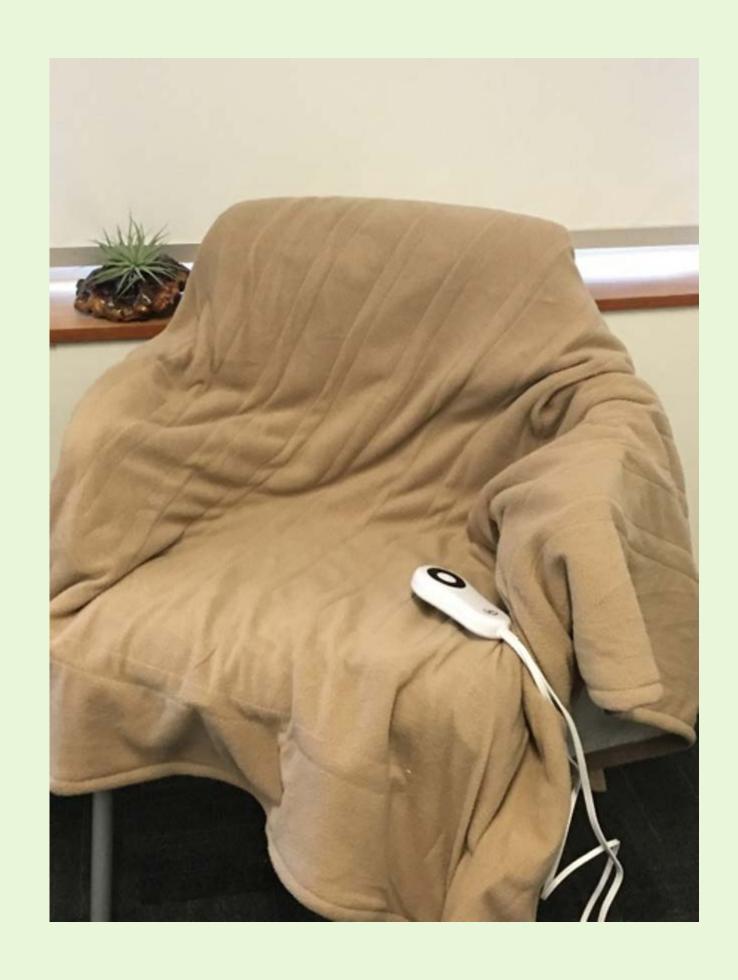


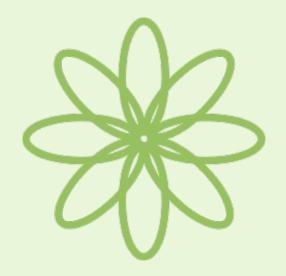


Canadian
Mental
HealthTake
Time for Tea
Cards









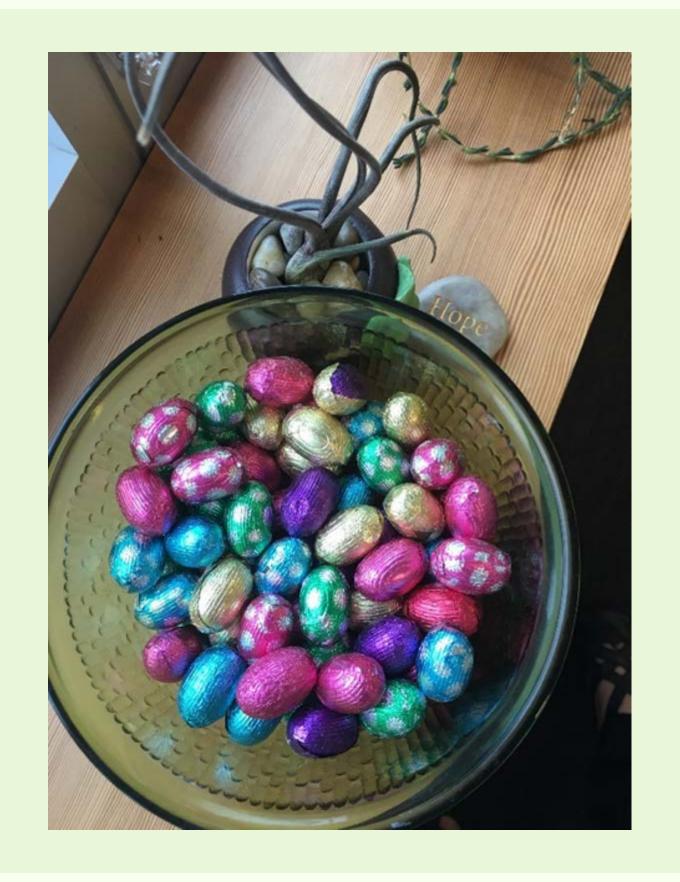
Heated blanket





Chocolate









Massage chair

