



ALLARD SCHOOL OF LAW

REGULATING WELLBEING CONCERNS

The Student Wellbeing Program

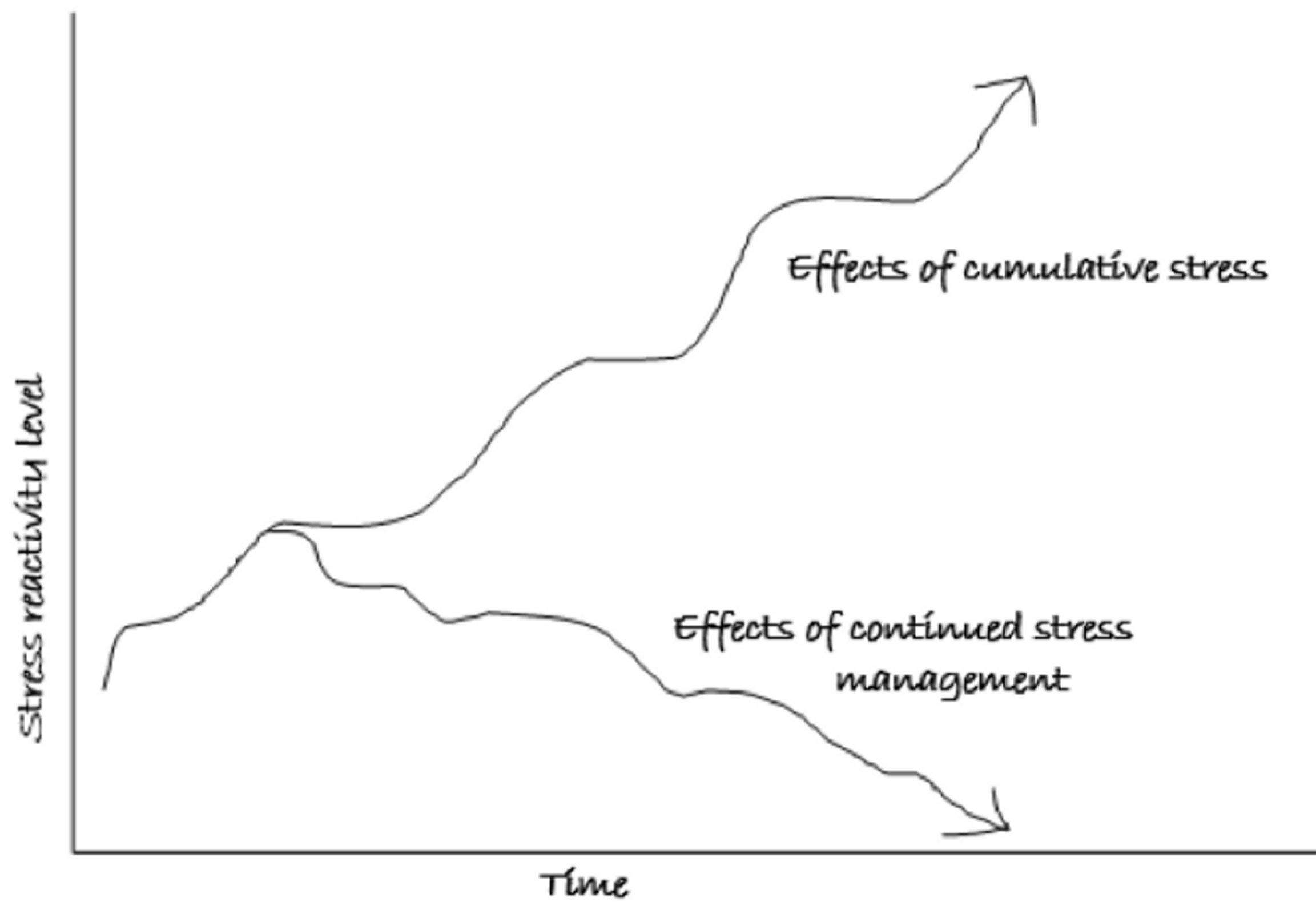


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It is important to be aware of your wellbeing concerns as they begin (in the yellow zone) as it is easier to intervene and research shows more successful outcomes (moving back to green zone). Remember to be aware of your PACE.

It is also important to be proactive rather than reactive. Keeping your interventions ongoing in times you do not feel you have concerns will build resilience for the times you do have concerns.



HERE ARE SOME INTERVENTIONS WHICH ARE EASY TO USE

- Regulating Distress in the BODY in the Classroom
- Regulating Distress in the MIND in the Classroom

REGULATING DISTRESS IN THE BODY IN THE CLASSROOM

Deep breathing

TURNS OFF STRESS RESPONSE

- Breathe in through your nose and out through your mouth. Try to push the air down deep into your tummy.
- Concentrate on moving your tummy and keeping your chest still. Focus on the sound and feel of your breathing...in.....out....in.....out.....in through your nose.....push the air deep into your tummy.....then breathe out through your mouth.....in and out.....in and out.

REGULATING DISTRESS IN THE BODY IN THE CLASSROOM

Quick 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.
- **Hands:** Tighten your hands into fists....very, very tight... as if you are squeezing a rubber ball tightly in each hand.... hold... feel the tension..... and then release. Shake your hands gently, shaking out the tension.....feel the relaxation. Repeat as needed.

REGULATING DISTRESS IN THE BODY IN THE CLASSROOM

- **Jaw:** Tightly close your mouth, clamping your jaw shut, very tightly....your lips will also be tight and tense across the front of your teeth....hold....feel the tension in your jaws..... and then release. Wiggle your jaw....feel the relaxation. Repeat as needed.
- **Bottom:** Tighten your muscles in your bottom... hold..... feel the tension and then release. Let your bottom return to it's usual position....feel the relaxation. Repeat as needed.

REGULATING DISTRESS IN THE BODY IN THE CLASSROOM

Toe breathing

COMBINES BREATHING AND PMR

- Breathe in through your nose.
- Visualize the air moving down your body all the way to your toes.
- Use the air to push your toes into the ground. Feel the tension...hold.
- Release your toes. Pull the air back up your body and breathe out.

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 can smell....”
 - “In this moment I can touch.....”
 - “In this moment I can taste....”
- ”Pay attention to internal and external world

REGULATING DISTRESS IN THE MIND IN THE CLASSROOM

Affirmation

COGNITIVE FOCUS

- A statement to help you to stay positive and create positive energy:
Examples:
 - “Calm, calm, calm”
 - “This too shall pass”
 - “I can do it”
- Can be used at the end of a negative thought, Examples:
 - “I am anxious but I can do it”
 - “I am stressed but I know my information”

REGULATING DISTRESS IN THE MIND IN THE CLASSROOM

Thought stopping COGNITIVE CONTROL

1. **Stop!:** to control negative persistent thoughts and emotions.
 - Say the word “STOP” loudly in your mind
 - You can combine this with a small pinch at the same time.

REGULATING DISTRESS IN THE MIND IN THE CLASSROOM

REGULATING DISTRESS IN THE MIND IN THE CLASSROOM

2. Deep breath: to ground and calm yourself.

- Breathe in through your nose, push the air down deep into your tummy, 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”

REGULATING DISTRESS IN THE MIND IN THE CLASSROOM

3. Affirmation: To empower yourself and create positive energy.

- Say your affirmation to yourself loudly in your mind: “I know this, I got this”.

YOU CAN TRY THESE YOURSELF. PLEASE VISIT WITH THE STUDENT WELLBEING COUNSELLOR FOR:

- Help in creating your own strategy
- If the interventions do not seem to be working
- To debrief interventions
- Just to chat