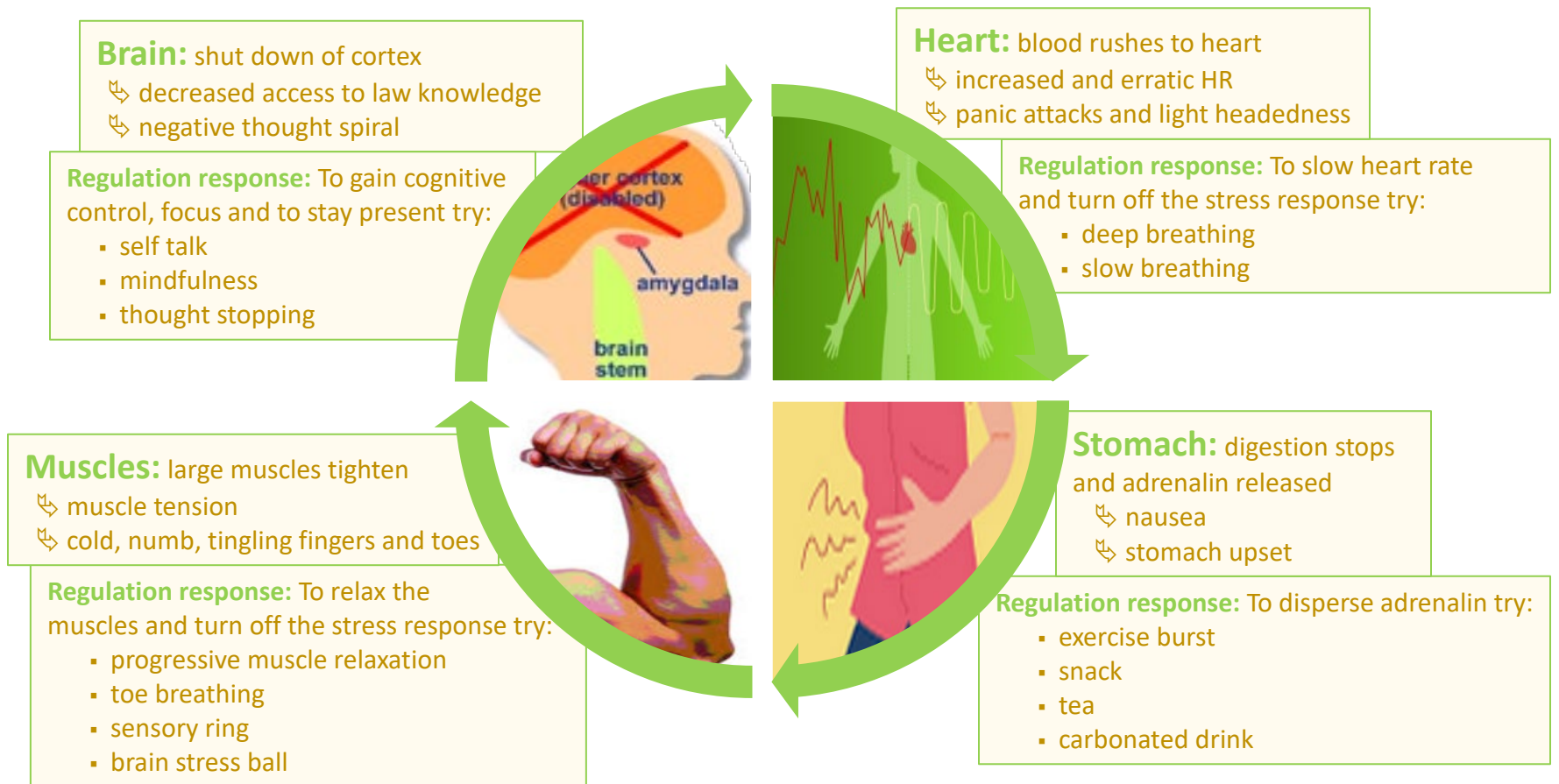


Performance through managing stress



Regulation response instructions:

Self-talk: “Stress helps my performance”, “This is normal just breathe keep it steady”, “I can relax my body”, “Just breathe”, “This too shall pass”, “I can do it, I studied”, “I know this, I got this”, “Blow it away”, “Let it go”

Mindfulness Pay attention to the internal and external world in this moment, open up your senses, and notice: “In this moment I can see.....”, “In this moment I can hear.....”, “In this moment I can smell....”, “In this moment I can touch/feel.....” and “In this moment I can taste....”

Thought Stopping

1. Stop! (to control negative persistent thoughts and emotions)
 - Say the word “STOP” loudly in your mind, you can combine this snapping a rubber band around your wrist.
2. Deep breath: (to ground and calm yourself)
 - Breathe in through your nose and visualize yourself gathering up the negative thoughts and emotions
 - Breathe out through your mouth and blow the thoughts and emotions out with your breath. Say: “Blow it away” or “Let it go”
3. Affirmation: (to empower yourself and create positive energy)
 - Say your affirmation to yourself loudly in your mind: “I know this, I got this”.

Deep breathing:

1. Breathe in through your nose and out through your mouth. Push the air down into your tummy.
2. 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.

Slow breathing:

1. Breathe in through your nose and count to 2. Breathe out and count to 4. When you are ready slowly increase the in and out 3 to 5, 4 to 6, etc.
2. Concentrate on the slowing the breath. In 1, 2.....out 1, 2, 3 4. In 1, 2.....out 1, 2, 3, 4. In 1, 2.....out 1, 2, 3 4. In 1, 2, 3.....out 1, 2, 3, 4, 5. In 1, 2, 3.....out 1, 2, 3, 4, 5. In 1, 2, 3, 4.....out 1, 2, 3, 4, 5, 6. In 1, 2, 3, 4.....out 1, 2, 3, 4, 5, 6.

Exercise bursts 5 jumping jacks, 5 sit ups, shake the body (or parts of the body)

Progressive Muscle Relaxation

1. Tense the muscles....hold....feel the tension and then release....feel the muscles relax. Repeat.
2. Tense and relax different parts of the body (shoulders, hands, toes, stomach, jaw) in turn.

Toe Breathing

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

Sensory rings and stress balls available in the Student Wellbeing Office, rm 147b.