At the end of the presentation the participant will be able to:

- Define avenues for stress reduction
- Describe relaxing and stimulating breathing
- Select a method for caring for themselves

Disclosures

- nothing
Relaxation is every bit as much of an attitude as it is anything else. When you know you are in control of your mind and body, you just instinctively know what to do about stress.

Taking the time to be mindful and cultivating a loving, gentle, stress-free spirit means taking the time to relax.

Relaxation exercises can become a part of our daily routine just as sitting down to a good dinner is. Your body and mind will love you for it!


WHY???

Benefits of Stress Management

- Physical: Stops alarm, resistance, exhaustion pathway.
- Improves resistance to disease and improves health.
- Psychological: Helps develop better coping strategies.
- Increases confidence and self-esteem.


Benefits of Stress Management

Ideas for daily

- Meditation
- Yoga
- Exercise – especially aerobic
Breathing

* Breathing: Simple technique for reducing stress
* Provides immediate relief of fight or flight symptoms by focusing thoughts
* [http://www.amsa.org/healingthehealer/breathing.cfm](http://www.amsa.org/healingthehealer/breathing.cfm)

**Abdominal Breathing Technique**

* twice a day
* Place one hand on your chest and the other on your abdomen.
* take a deep breath in through your nose (count of 7), the hand on the abdomen should rise higher than the one on the chest.
* Hold the breath for 7 count
* Exhale through your mouth (at least 7) gently contract your abdominal muscles
* Repeat the cycle for a total of 5 deep breaths
Tai Chi/Qi Gong

- Demonstration
- Using breathing with movement

Music

- Everyone has different tastes in music.
- Listen to the music that you feel comfortable.
- Sitting down and listen to the song
- Can also play in background – but need to take moments to hear the music
- Music is a significant mood-changer and reliever of stress, working on many levels at once.

Stress reduction and energizing

- Laughter
  - What a laugh! Kids laugh 400 times/day
  - Adults laugh 15 times/day
  - Humor can be positive or negative.
  - “You don’t stop laughing when you get old, you get old because you stop laughing” (Pritchard, 1994-2007, p. 1).
Stress reduction and energizing
How to humor
- Blow bubbles
- Play with playdoh
- Read children's books
- Go to the zoo
- Humor in the every day
  - Examples:
    - Three Stooges
    - I Love Lucy
    - Seinfeld
    - joke a day calendar

Aromatherapy
- Rosemary and lavender decreased student test anxiety
- Lavender, bergamot, marjoram, sandalwood, lemon, and chamomile were found (in that order) to relax brain waves.
- Utilized with deep breathing
- Fatigue – use peppermint

The Stimulating Breath – use with CAUTION!!
- Use before reaching for a cup of caffeine.
- Sit in a comfortable up-right position with your spine straight.
- Mouth gently closed... breath in and out of your nose as fast as possible.
- Think of someone using a bicycle pump (a bellows) to quickly pump up a tire. Inspiration and exhalation and both are equal.
- Rate is rapid... as many as 2-3 cycles per second.
- Feel effort at the base of the neck, chest and abdomen.
- Muscles in these areas will increase in strength... truly an exercise.
- Do this for no longer than 15 seconds when first starting.
- Slowly increase the length of the exercise by 5 seconds each time. DO NOT exceeding one full minute.
- There is a risk for hyperventilation
- This exercise can be used each morning upon awakening or when needed for an energy boost.
PROCRASTINATION – prevent it

* 5 minutes
* To-do – CALENDARS!!!!
* Chunk
* Just do it
* Environment
* You did it!

Thank you!!