

How to Cope with Stress

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Objectives

By the end of today's lesson, participants will be able to:

1. List their university's stress management resources.
2. List three stress management coping strategies.

Icebreaker

1. I have experienced stress within the last week?
2. On a scale from 0 to 10, what level of stress have you experienced in the past week? (10 being the most severe).

What is Stress?

Stress is a feeling of mental and/or physical tension due to certain events or thoughts.

- Natural occurrence
- Negative / Positive

Risk Factors

- Traumatic events
- Social network
- Lack of consumption of nutritious foods.
- Lack of sleep (recommended 7-9 hours)
- Lack of exercise
- Excessive use of alcohol and/or drugs
- Finances
- Workload

Poll Everywhere

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Statistics

- **87%** of students have experienced stress during their college years.
- **45%** of college students claim to go through “more than average stress”
- **63%** of American college students report health-related issues as the main stressor.
- Only **11%** of college students in the US sleep well.
- **53%** of the students neglected their social life because of stress.

Stress in College Students Video



Video Follow Up:

1. What was something new you learned from this video?
2. What are some of the different types of stress identified in the video?

Signs of Stress

Physical:

- Muscle tension
- Headaches, migraines
- Nausea
- Laboured breathing
- Pain in shoulders and back

Mental/Emotional:

- Lack of concentration/
forgetfulness
- Depression/ anxiety
- Unhappiness/ moodiness
- Agitation/ irritability
- Overwhelming

Breakout Room Activity

In your breakout rooms, your group will

- Identify the stressor in your scenario and create 3 solutions to the scenario's issue.
- Have 5 minutes to complete the activity

*****Your scenario number is the same as your breakout room number*****

Be prepared to discuss when returning back to the main room.

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How to Manage Stress

- Identify and confront the stressors
- Spend time with loved ones
- Get professional support
- Manage time wisely
- Get the recommended hours of sleep & exercise every day.
- Eat nutritious, well balanced meals
- Do not use alcohol or drugs to cope with stress

Breakout Room Activity

Take a few minutes to brainstorm about a personal experience with stressful situations. Then, in breakout rooms for 5 minutes share your own personal experience and answer the following questions:

1. How were you able/ unable to cope with the situation?
2. Knowing what you know now, would you cope differently, why or why not?

Video / Activity: Do Nothing for 10 Minutes



Take a deep breath, hold it for 5 seconds, and slowly exhale. Remember to sync your breathing with the shape's expansion."

Follow Up Questions

1. How did the activity make you feel?
2. Why do you think that simply focusing on our breathing can help us to de-stress?
3. On a scale from 1 (very unlikely) to 10 (highly likely) how likely are you to utilize this technique in future?

Resources

<Insert local university resources here>

Conclusion

- Today you learned about the risk factors for stress and ways to cope with stress.
- Learning this information will be useful for you to identify the stressors in your life and be able to use the skills we learned to cope with the stress

Complete the post-test assessment via the link sent through the chat.