




Stress Less with Mindfulness

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Section: COR101-014
Instructor: Jacob Hall



Topic: Stress

For the topic of stress I covered a couple main ideas and points that I thought students should know about.

Ideas covered:

- Defining stress
- Impact stress has on your body
- Diagnosis and strategies
- Breathing techniques
- Meditation
- Campus resources
- Self care tips
- Journal prompts
- Mental health crisis and emergency resources



Purpose of the lesson

Everyone has some sort of stress in their lives whether they realize it or not. With finals being right around the corner I figured everyone could use a remind of what is out there to help you if you are stressing more than you should be. Stress becomes a problem when stressors continue without relief or periods of relaxation. No matter how busy you get, I think it is very important to take a break and do something for yourself.



Lesson preparation

In order to present all the information correctly, I had to use a few outside resources. I thought of what topics and ideas I wanted to discuss and then went from there.

- *Counseling center*. Counseling Center - SUNY Cortland. (n.d.). Retrieved December 1, 2021, from <https://www2.cortland.edu/offices/student-development-center/counseling-center/>.
- *Stress: Signs, symptoms, management & prevention*. Cleveland Clinic. (n.d.). Retrieved December 1, 2021, from <https://my.clevelandclinic.org/health/articles/11874-stress>.



Why is this important for first year students?

This lesson is important for first year students to know because there are a lot more variables at college that can create stress. The sooner we acknowledge them or that we need help, the quicker the problem can be settled. College is very different from being at home. You have more freedom which is good to a certain extent, time management becomes very important. It's also important to know what resources are on campus should you ever want to talk to someone.



Presentation Materials

Here are a few slides from my lesson on stress relief

Journal prompts/ Reflection

1. Right now, I feel changed by _____. However, I feel supported by ____.
2. What and who are you grateful for today and why?
3. Make a list of 5 things that always make you happy or smile.
4. What is something that you have to do but you're actually scared to do? How would you encourage a good friend to do it, if they were in your shoes?

gratitude



Campus Resources

The Counseling Center

Services:

- Provides free and confidential short term therapeutic services to facilitate your personal, social, and educational adjustment.
- Recognizes that adjustment to college life can be stressful and challenging, while also being an opportunity for learning and growth.
- Assists students by providing psychoeducational and developmentally focused programming and support services to students.

<https://www2.cortland.edu/offices/student-development-center/counseling-center/>



PAWS for stress relief

Who doesn't love being around dogs? I'm sure most of us have pets at home that we miss while we're at school... this gives us the opportunity to hang out with dogs for a little bit to breakup our day.

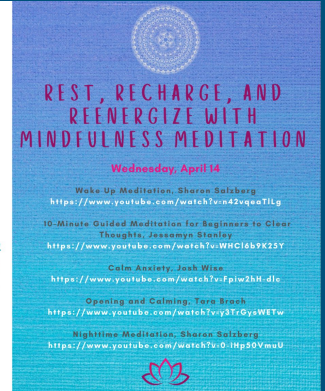
<https://cortland.libguides.com/c.php?g=1033680&p=7493369>



Resource that contains multiple links to various meditation options to help you throughout your day.

Another resource you can read with tips on mind and body compassion:

<https://www2.cortland.edu/offices/student-development-center/counseling-center/pdfs/Mind%20and%20body%20compassion%20handout%20with%20resources%204.2021.pdf>



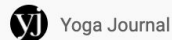
Methods

Throughout this semester I have noticed my professor likes to incorporate some sort of interactive activity into the lesson. This could be discussions at the end or trivia in the beginning to help get the class ready. I chose to do a meditation video during the middle of my lesson to give everyone's minds a break and to recenter and focus their thoughts. I was pleasantly surprised with how many people were following along and participating in the meditation! I think it's that point in the semester where everyone could use a moment to slow down.



10-Minute Guided Meditation for Beginners to Clear Thoughts

186K views • 2 years ago



Yoga Journal

Jessamyn Stanley lets us in on a secret we've all been wondering: finding ultimate peace and calm does not exist. Instead, focus ...

Learning outcomes and objectives

I wanted the students to walk away from this lesson learning something new. That could be what stress can look like or resources we have on campus like the counseling center. Of course learning a new technique to slow down and focus on something as simple and overlooked as your breath helps too. Stress is subjective, everyone is different. If each student walked away with an idea of what they could do when feeling stressed I would say my lesson was a success.



Assessment/feedback

I talked with a couple of students at the end of my lesson and they agreed that their favorite part was the meditation video I included. I had done my own meditation activity earlier in the year and they seemed to like that as well so I figured I would include another one which goes along with my topic of stress and how to relieve it. They liked how it broke up the lesson as opposed to regular lectures where they are just talked at the entire time and expected to focus for the entire duration of class.



Reflection

While doing research for this lesson I learned a couple new examples of what stress can look like. I already knew a couple from each category of physical, emotional, and behavioral. I usually do pretty good with managing my stress while in school but this lesson gave me a reminder how important it is to do something for yourself every now and then no matter how busy you are. Long term stress causes a lot of wear and tear on your body we should try to not let it get to that point. While making this lesson I realized how much I like interactive lessons. I'm not going to be that teacher that lectures the entire time, I want everyone to be involved in the discussion.

