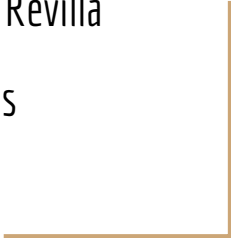




Get Your Mind Right

Student Faculty: Nicole Ann Revilla
Section: CPV 533
Instructor: Mark Dodds



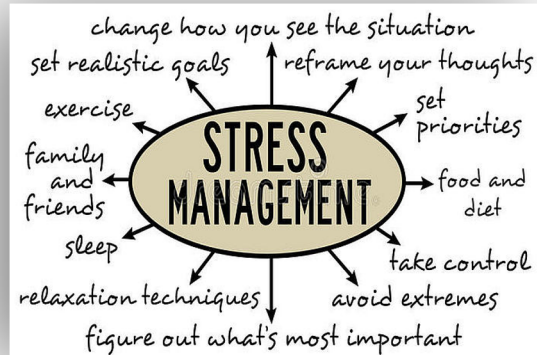


Topic: Mental Health & Stress Management

- ❖ For both Mental Health and Stress Management, I covered multiple things that could help college students deal and cope with both these topics.

Context Covered

- ❖ Definition of Mental Health
- ❖ Statistics on Mental Health in college students
- ❖ Myths and Facts about Mental Health
- ❖ How mental health can affect stress
- ❖ Identify the source of stress
- ❖ Unhealthy ways to cope with stress
- ❖ The 4 A's of stress
- ❖ Tips to help with stress
- ❖ Ways to get help for both mental health and stress.
- ❖ DIY: Stress Balls



Purpose of Lesson

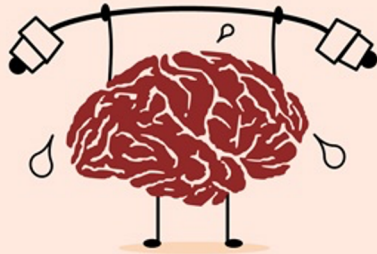


For this lesson, I chose to discuss mental health and stress management for my students.



I choose this topic because it is important to know how to deal with both mental health and stress management, especially as a first-year student. And everyone whether it is yourself or someone you know deals with these two main topics.

Lesson Preparation

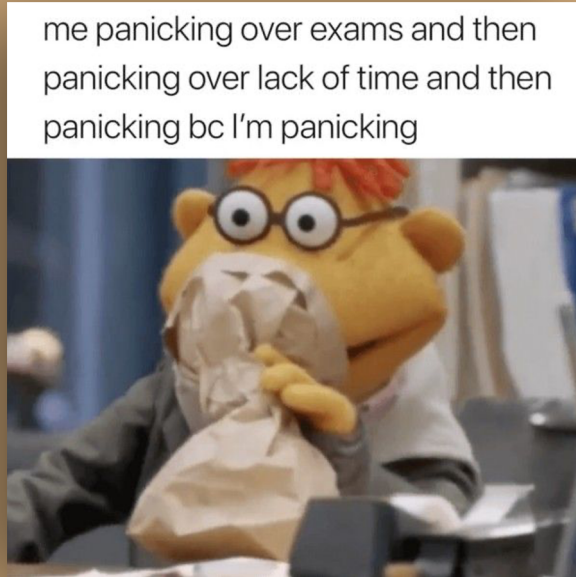


To prepare for my lesson, I used multiple outside resources to get information. To make sure my presentation had the most information along with the information I thought would be important for my students to know.

- ❖ Mistler, Brian, et al. "The Association for University and ... - Files.cmcglobal.com." *The Association for University and College Counseling Center Directors Annual Survey*, http://files.cmcglobal.com/Monograph_2012_AUCCCD_Public.pdf.
- ❖ uDavis, Ben. "Home." *MVOrganizing*, 31 May 2021, https://www.mvorganizing.org/what-is-the-number-one-cause-of-death-for-college-students/#What_is_the_number_one_cause_of_death_for_college_students.
- ❖ And along with some videos that will be presented Later one

Why is this Lesson Important For First Year Students?

- ❖ Mental health and Stress management are really important for first-year students to know because whether it is mental health or stress everyone goes through it at some point especially coming into a new environment. Also, SUNY Cortland offers a wide variety of ways you can get help. So, as a mentor for them,



- ❖ When first-year students come to school, a change of environment can be very overwhelming for them. A lot of times kids don't know how to handle the workload, make new friends, and overall move away from home and be independent. This lesson was a perfect idea to get them to talk and understand it is okay to struggle sometimes.

The 4 A's

Avoid:

- Not all stresses can be avoided; however, you can eliminate number of stressors in your life
- Learn how to say no
- Avoid people who stress you out
- Take control of your environment: if news makes you anxious, turn the TV off.
- Organizer/Planner

Alter:

- You can't avoid stressful situation, try to alter it. Figure out a way to change things so the problems doesn't continue
- Adjust your attitude
- Express your feeling
- Be willing to compromise
- Manage time better

Adapt:

- Try changing yourself, change your attitude and your expectation. You have control over that!
- Reframe from problems be positive
- Look at the bigger picture: Will it matter in a in month? A year? Is it worth being upset over?

Accept:

- Accept thing for what they're, may be difficult but in the long run it easier than railing against a situation you can't change.
- Don't try to control the uncontrollable
- Share your feeling
- Learn to forgive

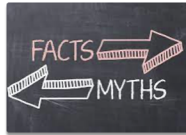
Mental Illness

Myth

- ▶ People with Mental illness
 - ▶ are prone to violence
 - ▶ Don't get better
 - ▶ Can be overcome by positive attitude and self control
 - ▶ Therapy is for people with Mental illness

Facts

- ▶ Mental health affects everybody- we all know someone with Mental illness
- ▶ Suicide is the 2nd leading cause of death in young adults
- ▶ Mental health is like physical illness, it requires both medical attention and support from others.

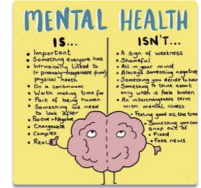


Throughout my presentation I also showed videos to them....

- <https://www.youtube.com/watch?v=vzrjEP5MOT4>
- <https://www.youtube.com/watch?v=SVQ1c>

Mental Health

- ▶ The Association for University and College Counseling Center Directors Annual Survey; survey with over 100 schools including college like Cornell, Buffalo state, Duke University, colleges from Illinois, etc.
- ▶ Anxiety is the top presenting concern among college students (41.4 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent).
- ▶ report that 21 percent of counseling center students present with severe mental health concerns, while another 40 percent present with mild mental health concerns.
- ▶ SUNY Chancellor Jim Malasra announced a partnership with **Thriving Campus** in early October. It will help connect students from all 64 campuses to a network of more than 6,000 licensed mental health professionals.



Ways to get help

In immediate danger, please call 911 or if you are on campus, then UPD at 607-753-2111.

Counseling Center (Van Hosen Room B-38)
• Let's Talk
• Call 607-753-4728 (20-30 minutes)

The **National Suicide Prevention Lifeline** can be reached at **1-800-273-TALK (8255)**, open 24/7

crisis resources for you or your loved one.

NY State Office of Mental Health has created an Emotional Support Line at **1-844-863-9314** which

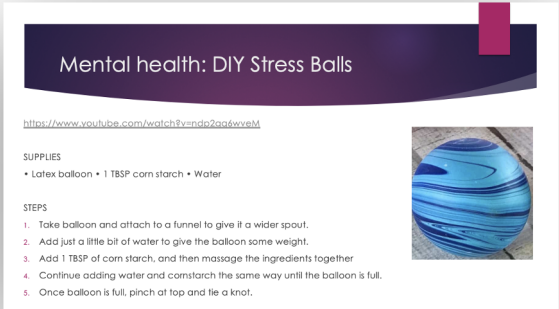
Text Go5U to 741741 to reach a crisis counselor on the **Crisis Text Line**.

Presentation Material

This is some of the slides I have presented to my class on both Mental health and Stress management.

Methods

Throughout my time working with Professor Dodds, he loves having our students do an activity just to get them talking and meeting their classmates. Throughout my presentation, I would ask multiple questions just to get them interacting with me. However, for my lesson, I had my students get into pairs of two to make DIY Stress Balls.



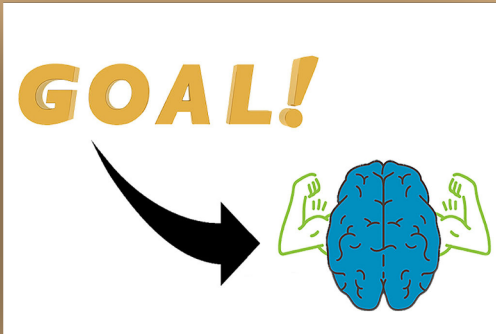
The screenshot shows a YouTube video player interface. At the top, there is a dark purple header with the text "Mental health: DIY Stress Balls" in white. Below the header is a URL: <https://www.youtube.com/watch?v=ndp2a4dveM>. Underneath the URL, there are two sections: "SUPPLIES" and "STEPS". The "SUPPLIES" section lists: "Latex balloon • 1 TBSP corn starch • Water". The "STEPS" section contains five numbered instructions: 1. Take balloon and attach to a funnel to give it a wider spout. 2. Add just a little bit of water to give the balloon some weight. 3. Add 1 TBSP of corn starch, and then massage the ingredients together. 4. Continue adding water and cornstarch the same way until the balloon is full. 5. Once balloon is full, pinch at top and tie a knot. To the right of the text is a small image of a blue and white marbled stress ball.

I chose to do this for part of my lesson because they're not used to doing hands-on activities in other classes. So, I thought it would be a fun idea! Which they loved and even my Professor. Also, it got them a lot more talkative with me and all-around more interested in what I had to say. Hopefully, every time they see as a stress ball or they're going through things they know where and who they can go to for any help.

Learning Outcomes/Objectives

The major part of this lesson I wanted my students to take away from this lesson was different ways that you can get help. I wanted them to fully understand that it's okay to be stress or to go through something mentally. Although they might be going through these things there is so many outlets they can go to for help.

The goal of my lesson was to break the stigma of mental health and it should be talked about more. Another goal was for them to learn how to deal with stress and tips they can do to avoid stress. Like coming up with goals to reach throughout their academic career, plans they may have to help reduce stress whether it using a planner so they're not back up on homework, and actions they can do like don't wait until to last minute to do things or take time for themselves. My last goal was using the DIY stress balls to get them to not be so serious all the time.





Assessment/Feedback

After my presentation I had my class send me feedback on how they liked my Mental Health and Stress Management presentation.

Question I asked were:

- ❖ What I can work on?
- ❖ What they liked?
- ❖ What they didn't like?
- ❖ What did they learn?

Hey! I think you did a really good job presenting the other week. Your lesson was very engaging, and interesting. I loved the activity at the end, it allowed us to work with others in a different way than we usually do in the classroom. Overall, I think you did a great job, I know it can be nerve wrecking sometimes.

Good morning Nicole,

Hi, I really appreciate you coming up with a presentation on mental health and stress management. We have so many resources we can go to on campus for help, which I learned from your PowerPoint! My favorite thing had to be the DIY stress balls, it was so creative, and something knew to do that we aren't used to doing. Can't wait to see the next one!

Hello Nicole,

This is from your COR 101 Class. I just wanted to say I enjoyed your presentation today in class. I never knew how many recourses we had around campus. I also loved your DIY stress balls, I loved interacting with everyone, and it helped get us more into the lesson. Stress and mental health is such a huge topic nowadays since it is more open to talking about, thank you for sharing with us and informing us on tips and ways to get help.

Reflection

... Break the stigma and distress

From presenting this lesson, I had done it in person. It went better than expected I was nervous at first but as I went on it got easier to talk.

However, one problem I would fix in my project is the DIY balls were given measurements to make it easier for my students and warn them that it would be a mess.

After, the lesson my Professor loved it and said I had done a good job. He has watched me struggle to present before to people and watching up there he could tell I was more relaxed. He also loved the DIY stress balls, he even made one himself.