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Taking Care of Yourself on Campus: Self-Care and Stress Management

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Taking Care of Yourself on Campus: Self-Care and Stress Management

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Instructor: Lauren Scagnelli





Topic of the Lesson

Self-care of the mind, body, and soul & Stress management



During my lesson...

I explained the widespread impact of stress and ways to manage stress.

&

The different aspects of self-care and activities to nurture each area.



Purpose of the Lesson: Stress

- I created an interest survey for my students to take. They provided feedback on how important different health subjects were to them and what areas they want to learn more. Stress management and self-care were the most popular subjects.
- College can be a stressful time for most students. Untreated chronic stress can have severe impacts on overall health and happiness. It has been helpful for me to utilize stress management techniques. So, I wanted to give the students a selection of tools to use in their lives.
- According to the American College Health Association's 2017 National College Health Assessment, 87% of college students report feeling overwhelmed at least once by all they have to do. I included this statistic in my lesson (American College Health Association, 2018).
- Research from the American Institute of Stress indicates that college students are experiencing higher levels of stress than ever before (Heckman, 2019).

Purpose of the Lesson: Self-Care

- Because college can be stressful, it is important for students to understand and implement forms of self-care in their lives. In my lesson, I explained self-care of the mind, body, and soul.
- I gave them resources to help them take care of themselves and thrive in college. One of the primary goals of this lesson was to help the students feel more comfortable and confident in improving their health and wellness whilst living on campus.
- In order to help my students begin/further their self-care journeys, we created self-care plans for them to take home.
- In the textbook, *Right From the Start: Taking Charge of Your College Success* (from the SF Resource Shelf), it states that many college students struggle with implementing self-care tasks and creating life-long habits (Holkeboer & Walker, 2004).

Interest Survey

COR 101 Student Interest Survey

Directions: Please fill out this form honestly and completely. The purpose of this survey is to see what YOU want to learn about. It is not necessary to write your name, as this is anonymous.

1. Please rank the following subjects from most to least importance to you:

- | | | |
|----------------------|----------|---------|
| Sleep | 1. _____ | (Most) |
| Nutrition | 2. _____ | |
| Managing Screen Time | 3. _____ | |
| Self-Care | 4. _____ | (Least) |

2. Which of the four subjects (if any) are you interested in learning more about?

Please circle the number of the topic you want to learn more about. You can circle more than one topic.

1. Sleep
2. Nutrition
3. Managing Screen Time
4. Self-Care (mind, body, etc.)
5. None of these interest me.

3. Please respond to the following statements by circling the responses that apply to you.

- | | | | |
|---|-------|-----------|--------|
| a. I get eight hours of sleep. | Never | Sometimes | Always |
| b. I have trouble finding healthy food options on campus. | Never | Sometimes | Always |
| c. I spend more than two hours a day using a screen/technology. | Never | Sometimes | Always |
| d. I know what I can do to have healthy sleep habits. | Yes | No | |
| e. I feel like I eat a healthy, balanced diet. | Yes | No | |
| f. My daily screen time is higher than I want it to be. | Yes | No | |
| g. Going to class and doing schoolwork causes me stress. | Yes | No | |
| h. I know different methods for managing stress. | Yes | No | |
| i. I am familiar with what resources SUNY Cortland has for self-care. | Yes | No | |

4. If you could have a lesson about anything college/student-related, what would you choose? Please try to think of something that you would find genuinely beneficial. Write your answer below, complete sentences are not necessary.

Survey Results

COR 101 Student Interest Survey Results

Most (1) to Least (4) Importance

Subject	Ranking	Number of #1's	Total Score
Sleep	3313423233	1	29
Nutrition	22323311122	3	22
Managing Screen Time	4444144244	1	39
Self-Care	11212134311	6	20

Interested in Learning More About

Subject	Number of Selections
Sleep	2
Nutrition	4
Managing Screen Time	2
Self-Care	7

Health Statements

	Never 2	Sometimes 8	Always 1
Eight hours of sleep	Never 3	Sometimes 5	Always 3
Trouble healthy food options	Never 0	Sometimes 1	Always 10
Over 2 hrs. screen time	Yes 8	No 3	
Know healthy sleep habits	Yes 9	No 2	
Eat healthy diet	Yes 7	No 4	
Screen time higher than I want	Yes 8	No 3	
Schoolwork causes me stress	Yes 9	No 2	
Know how to manage stress	Yes 7	No 4	
Familiar with resources	Yes 7	No 4	

Ideas For Lessons

- Self-care tips (to do on own also)
- Time management (2)
- Looking for a job after college
- Combination of time management/healthy habits/mental health
- How to de-stress/dealing with stress (2)
- How to create and have consistent healthy eating habits (2)

Materials Used

- Initial interest survey.
- PowerPoint presentation.
- True/false stress questions and answers.
- Full-body scan meditation video.
- Extensive list of self-care activities for the mind, body, and soul for each student.
- Self-care plan document for each student.
- Blank note cards for feedback/questions/comments.

Initiating Self-Care in Your Life

1. Decide that self-care is a priority.
2. Find time and put self-care in your schedule.
3. Can't find time? Start with 10 minutes.
4. Commit to yourself. Show up.
5. Self-care looks different for everyone. There is no "right way".
6. Self-care is a lifestyle choice. Breaking habits is not easy.

30-day AT-HOME SELF-CARE

Day	Activity	Day	Activity	Day	Activity
Day 1	10 min meditation	Day 11	10 min meditation	Day 21	10 min meditation
Day 2	10 min meditation	Day 12	10 min meditation	Day 22	10 min meditation
Day 3	10 min meditation	Day 13	10 min meditation	Day 23	10 min meditation
Day 4	10 min meditation	Day 14	10 min meditation	Day 24	10 min meditation
Day 5	10 min meditation	Day 15	10 min meditation	Day 25	10 min meditation
Day 6	10 min meditation	Day 16	10 min meditation	Day 26	10 min meditation
Day 7	10 min meditation	Day 17	10 min meditation	Day 27	10 min meditation
Day 8	10 min meditation	Day 18	10 min meditation	Day 28	10 min meditation
Day 9	10 min meditation	Day 19	10 min meditation	Day 29	10 min meditation
Day 10	10 min meditation	Day 20	10 min meditation	Day 30	10 min meditation

Self-Care Goals

name _____
long _____
week _____

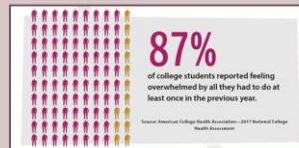
Create your own Self-Care Plan!

1. Review the packet of self-care tips/activities for mind, body, and soul self-care.
2. Fill out your own self-care plan.
3. Share with your group mates which activities interest you the most.
4. Exit Ticket: On the blank note card...
 - Write one thing you learned.
 - Any comments, questions, or feedback about this lesson.



Stress Management

- Eat well. Avoid high-fat, high-sugar foods. Go easy on the caffeine.
- Exercise.
- Have an outlet. Find a hobby like painting, sports, etc.
- Build a support system. Find people who care.
- Make a plan, schedule, or to-do list.
- Think positively, try positive affirmations.
- Meditate. Use an app or YouTube.
- Try aromatherapy. Jasmine, lavender, lemon, and bergamot are reported to lower stress.
- Use on-campus resources. Talk to your advisor, RA, or counselor.
- Journal.
- Schedule and prioritize **self-care**.



Materials Used

Self-Care Plan and resource list (which includes SUNY Cortland resources and apps) – Each student received this packet.



My Self-Care Plan

What is your primary self-care goal?

When will you schedule self-care?

Name 3 ways you would like to nurture your **mind**:

- 1.
- 2.
- 3.

Name 3 ways you would like to nurture your **body**:

- 1.
- 2.
- 3.

Name 3 ways you would like to nurture your **soul**:

- 1.
- 2.
- 3.

Self-Care and Success Resources

SUNY Cortland Campus:

Campus Ministries
Campus Walking Trails
Career Services
Counseling Center - Free and Confidential Services
Health Promotion Office
Student Health Service
Student Life Center - Yoga, group exercise, swimming, walking, and more!
SUNY Cortland Cupboard
The Learning Center

Apps:

Calm
Class Pass
Fabulous Self Care
Headspace
Insight Timer
Memento
Mindshift
Pacifica
Simple Habit
SleepBetter



Self-Care Activities –
Each student received
this packet.

Self-Care Activities for the Mind, Body, and Soul

For the Mind:

1. **Take a mental health day.** Spend one day, or at least a few hours doing something you enjoy and that relaxes you.
2. **Complete something on your to-do list** that's been there for a while.
3. **Turn off autopilot.** Pay complete attention to something you usually do without thinking, perhaps brushing your teeth, driving, eating, or performing your morning routine.
4. **Exercise.** This could be walking, yoga, group exercises, etc.
5. **Go outside!** You could cloud watch and focus your mind on the sky.
6. **Start a compliments file.** Document the great things people say about you to read later.
7. **Clean your space.** Do a mini-declutter and recycle three things that you do not use/wear.
8. **Slow down,** find time for stillness.
9. **Practice mini-meditation** throughout your day. This could be one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
10. **Journaling and brain dumping.** Identify your stressors, emotions, and gain clarity.
11. Talk to someone you care about.
12. **Ceef around for a bit.** Schedule in five minutes of "play" (non-directed activity) several times throughout your day.
13. **Create a deliberate habit,** and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush.
14. **Be selfish.** Do one thing today just because it makes you happy.
15. **Digital detox or just unplug for an hour.** Switch everything to airplane mode and free yourself from the constant buzz of social media and email.
16. **Get out of your comfort zone,** even if it's just talking to a stranger at the dining hall or bus stop. Note that chills you are or go to that event that looks cool.
17. **Edit your social media feeds,** and take out any negative people. You can just "mute" them; you don't have to delete them.
18. **Find something mentally stimulating.** This could be a puzzle, board game, crossword, math game, etc.

Source: Lauren Scagnell and Mental Health America

For the Body:

1. **Give your body ten minutes of mindful attention.** Use the body scan technique to check in with each part of your body.
2. **Oxygenate by taking three deep breaths.** Breathe into your abdomen, and let the air puff out your stomach and chest.
3. **Get down and boogie.** Put on your favorite upbeat song and dance!
4. **Stretch.** Take a few minutes to get some deep stretches in.
5. **Run (or walk, depending on your current physical health) for a few minutes.** Or go up and down the stairs three times.
6. **Activate your self-soothing system.** Stroke your own arm, or if that feels too weird, moisturize.
7. **Get to know yourself intimately.** Look lovingly and without judgment at yourself naked. (Use a mirror to make sure you get to know all of you!)
8. **Make one small change to your diet for the week.** Drink an extra glass of water each day, or have an extra portion of veggies each meal.
9. **Be still.** Sit somewhere open, and be quiet for a few minutes.
10. **Inhale an upbeat smell.** Try peppermint to suppress food cravings and boost mood and motivation.
11. **Have a good laugh.** Read a couple of comic strips, watch a comedy show, or listen to a comedy podcast that you enjoy.
12. **Take a quick nap.** Ten to twenty minutes can reduce your sleep debt and leave you ready for action.
13. **Practice good hygiene.** Find ways to make physical self-care enjoyable and relaxing. Take a bath/shower, get a haircut, get a massage.
14. **Try to get 7-9 hours of sleep.** Listen to sleep sounds or meditations. Create a dark, cool, sleeping environment and avoid screen time at least two hours before sleep. Try to pad out schoolwork in your bed.

For the Soul:

1. **Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
2. **Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected, beautiful things on your way to class.

Source: Lauren Scagnell and Mental Health America

3. **Help someone.** Carry a bag, open a door, or pick up an extra box of food for a neighbor.
4. **Check in with your emotions.** Sit quietly and just name without judgment what you're feeling.
5. **Write out your thoughts.** Go for fifteen minutes on anything bothering you. Then let it go as you throw away the paper.
6. **Choose who you spend your time with today.** Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity saps energy.
7. **Get positive feedback.** Ask three good friends to tell you what they love about you.
8. **Make a small connection.** Have a few sentences of conversation with someone in your service such as a sales assistant or barista.
9. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.).
10. **Exercise a signature strength.** Think about what you're good at, and find an opportunity for it today.
11. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines or a book.
12. **Ask for help—big or small.** Get reach out. Use SUNY Cortland's Counseling Center. Talk to your RA! They are there to support you.
13. **Play with a pet** (yours or someone else's). Never underestimate the power of a cuddle session!

Types of Meditation:

Deep breathing. Lie down or sit comfortably. Rest your hands on your stomach. Slowly count to four while inhaling through your nose. Feel your stomach rise. Hold your breath for a second. Slowly count to four while you exhale, preferably through pursed lips to control the breath. Your stomach will fall slowly. Repeat as many times as you need.

Mindfulness Meditation. Focus on your breath. Notice anything that passes through your awareness without judgment. If your mind starts to tackle your to-do list, just return to focusing on your breath.

Visualization. Close your eyes, relax and imagine a peaceful place, like a forest. Engage all your senses: Hear the cr crackling leaves, smell the damp soil, feel the breeze.

Repeating a mantra. Sit quietly and pick any meaningful or soothing word, phrase, or sound. You can repeat the mantra aloud or silently. Repeating can create a physical relaxation response.

Source: Lauren Scagnell and Mental Health America

Activities Used

- I began class by checking in with the students and giving updates.
- I led an informal PowerPoint presentation. I began by doing a six question true/false activity.
 - The students were asked to raise their hands and respond to the prompts. Participants were given lollipops.
 - Sample prompt: "Stress and anxiety are the same thing, true or false?". Then, I would explain the prompt.
- We then discussed...
 - What is stress?
 - Stress vs. anxiety.
 - Methods for managing stress.





Activities Used

After we talked about stress, I presented about self-care. We discussed...

- . What is self-care?
- . How to initiate self-care in your life.
- . Self-care for the mind: explanation, examples, and an intention setting exercise: *take 60 seconds and set an intention for the rest of the day. This could be in your head or on paper.*
- + Self-care for the body: explanation, examples, and a stretching exercise: *seated stretching. Take 60 seconds or more and do any stretching that feels good. Stretch the neck, back and shoulders.*
- . Self-care for the soul: explanation, examples, and a full body scan meditation exercise: *three minutes of focus and mindfulness in all areas of the body.*



The Body Scan Practice Exercise

<https://www.youtube.com/watch?v=2sgexX8uvsY>

Activities Used

After we went through the presentation and did our four activities. We did a self-care group activity:

- The students got in groups of 3-4. Each student received a packet of self-care activities and a self-care plan document.
- In their groups, they read the packets and filled out their self-care plans.
- Then, they shared within their groups one self-care activity that interested them.
- One person from each group shared with the class an activity they want to use.
- The students took home the packets and their self-care plans.
- Then, we did an exit ticket (feedback/comments/questions).



**The students
working hard
in their
groups!**





Methods Used to Engage The Class



PowerPoint

A presentation was used to provide visuals and inform.



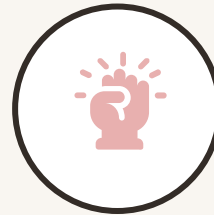
Questions

True/false questions were used and lollipops were given as an incentive for participation.



Group Activities

We did group activities involving self-care. Students were able to talk about the topic.



Student Exploration of Resources and Personal Plan Creation

Students were given physical materials to read and utilize to make their own plan.





Student Feedback

This was their exit ticket.

-I learned that simple things such as just stretching or cleaning my room are examples of self-care

I learned that stress relates to physical things such as cold/sickness.

I learned that it isn't good to do homework in your bed since it can effect sleep

I learned that its okay to be selfish and it's important to put yourself first if your not feeling like yourself, or feel overwhelmed.

Great powerpoint, with informative information!

Student Facilitator Reflection

- During the planning process, I collaborated with my instructor, and she provided me with some helpful resources. She guided me in my selection of the activities.
- I only had a few difficulties when planning my lesson. I struggled to fit everything I wanted to do in the 50-minute time frame. I also had trouble making my lesson interactive.
- When it came to executing my lesson, I had all of my materials and a clear lesson plan, so it went smoothly. I had enough time to do everything.
- I think that my lesson was successful. The students seemed engaged, and they now have resources and information that they can use throughout college and life. They participated in the group activity and the true/false activity. They also seemed to really like the full-body scan exercise. Their feedback was positive.
- From this experience, I learned how to format activities better so that the instructions are clear and that it is interactive. I feel more confident going into my student teaching and observations.

Works Cited

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