WE FEEL IT TOO!

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Student Organizations
Conference 2015
WHY ARE WE FEELING IT?

Causes

- Academics
- $
- Relationships
- Future
- Transitions

What’s stressing us?

What’s getting in the way?
WHAT CAN WE DO?

Now

Meditation

- Breathe
- MyCalmBeat
- Acknowledge the thought and… Let your thoughts fade away

What’s your mantra?
Engage your senses

Overtime

Talk to friends, family, mentors, counselor
Stretch
Exercise
Hobbies
Relax
Sleep
Eat well
Music
ENGAGE YOUR SENSES

Stress relief activities

Engage one or more of your senses to relieve stress

- Sit outside and enjoy the sounds
- Listen to a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio program with your eyes closed
- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud

Engage your visual senses
- Read a good book
- Watch a favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualization techniques
- Enlarge good memories in your mind

Engage your olfactory senses
- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking: the mixture of aromas and soothing movements

Engage your gustatory senses
- Enjoy outdoor smells from walking in the countryside or near the sea
- Freshly brewed tea or coffee

Engage your taste buds
- Taste foods

Engage your kinesthetic senses
- Exercise
- Squeeze a stress ball
- Stroke a pet: particularly cats, dogs, rabbits

Engage your proprioceptive senses
- Wear soft warm clothing
- Rub: enjoy the soothing, repetitive movements
- Play a musical instrument
- Have a massage
- Yoga or pilates
LET IT GO…

Write 1-3 things that are stressing you out on the sticky note.
FINAL THOUGHTS? QUESTIONS?

For more information or additional questions, contact
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