

Normalize Anxiety and Stress

Remind students and ourselves that stress is part of life and should be expected

Share your personal and professional experiences

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1

Deep Breathing Technique

Inhale through the nose

Hold for 3 seconds

Exhale through the mouth

3x per day for 5 minutes

1x per week for 10 minutes

Focus on the breath

Relax fingers and toes

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2

Exercise

3x per week

30 minutes

60-80% max heart rate

Increase the benefit by exercising outdoors

Miller et al. (2018). Running exercise mitigates the negative consequences of chronic stress on dorsal hippocampal long-term potentiation in male mice. *Neurobiology of Learning and Memory*, 149, 28-38.

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3

Reframing

A technique to identify and then change the way situations, experiences, events, thoughts, and/or emotions are viewed by replace them with more balanced thoughts

Robson, J. P., & Troutman-Jordan, M. (2014). A concept analysis of cognitive reframing. *Journal of Construction and Testing*, 18(2), 55-59.

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4

Reframing

A technique to identify and then change the way situations, experiences, events, thoughts, and/or emotions are viewed by replace them with more balanced thoughts

Reframing negatives into something reasonable

3x per day

Keller et al (2012). Does the perception that stress affects health matter? The association with health and mortality. *Health Psychology*, 31(5), 677-684.

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5

Relocating the Emotion

Identifying the partial truth in the automatic thought that contributed to the anxious or stressful feeling

Label the disinformation using the list of cognitive distortions

3x per day

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6

Random Acts of Kindness

Being others focused instead of self-focused

3x per day

Poulin et al (2013). Giving to others and the association between stress and mortality. American Journal of Public Health, 103(9), 1649-1655.

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7

Mindfulness

30 minutes

3x per week

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8

Media Detox

Take a weeklong vacation from all forms of media
Once a month

Lambert et al (May 2022). Cyberpsychology, Behavior, and Social Networking. Psychology & Marketing, 25(5), 287-293.

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9

Community Time

Spending quality time with family and friends significantly
decreases stress
Once a day

Levine et al (March 2021). Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement From the American Heart Association. Circulation. 143(10), 763-783.

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Minimizing Anxiety and Stress

Normalize

Community time

Breathing

Sleep

Exercise

Reframe

Relocating the emotion

Acts of kindness

Mindfulness

Media detox

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