Normalize Anxiety and Stress

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

Stare your personal and professional experiences

1

Deep Breathing Technique

Inhale through the nose

Hold for 3 seconds

Exhale through the mouth

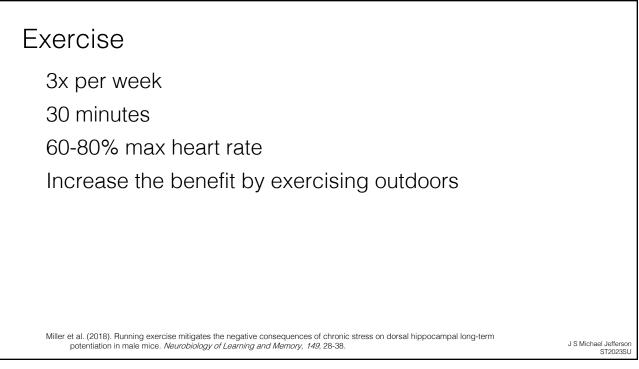
3x per day for 5 minutes

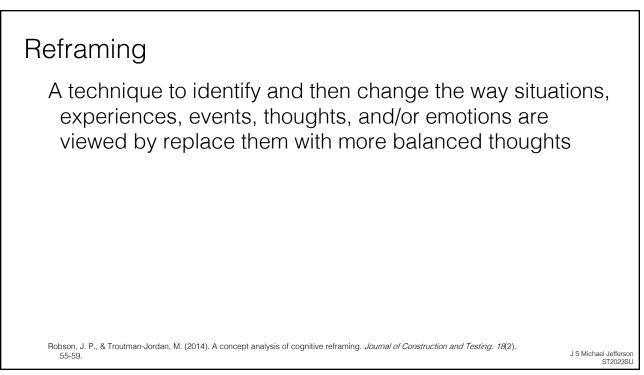
1x per week for 10 minutes

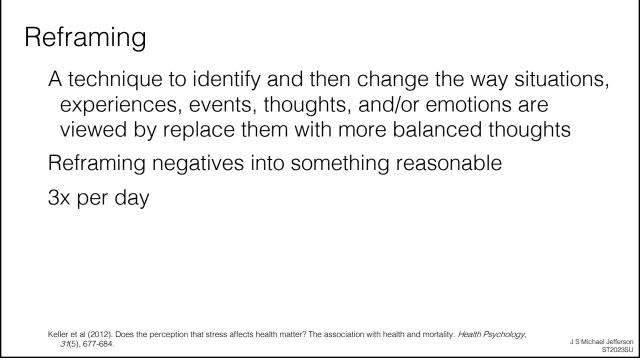
Focus on the breath

Relax fingers and toes

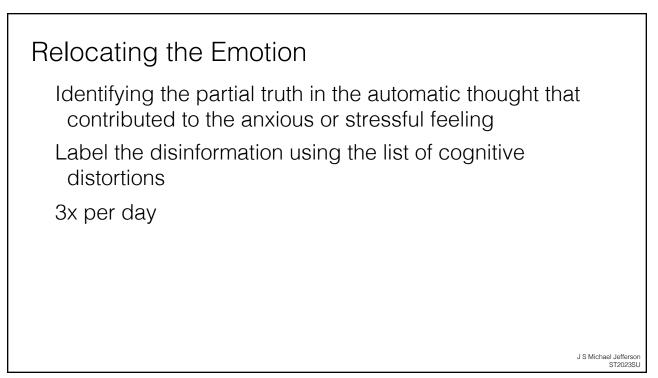
J S Michael Jefferson ST2023SU

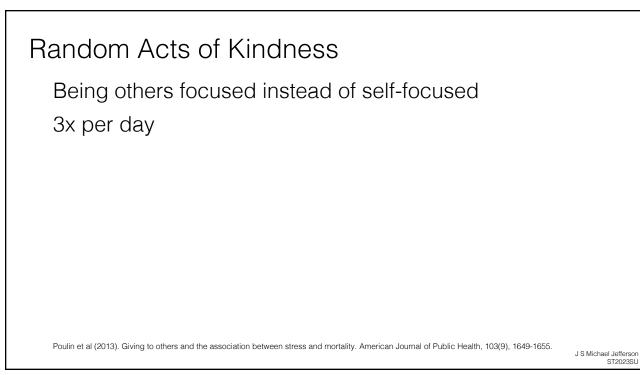












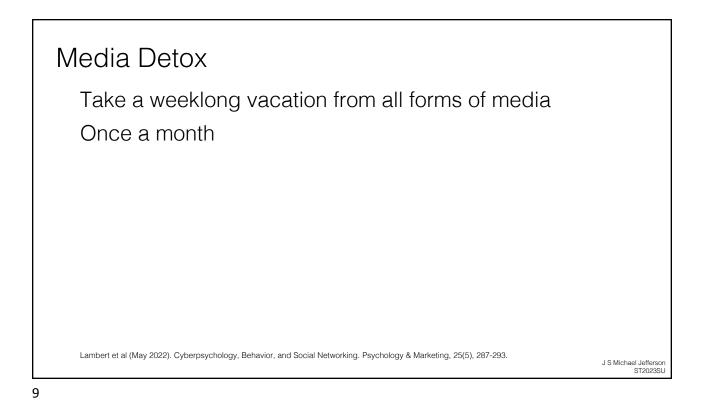
7

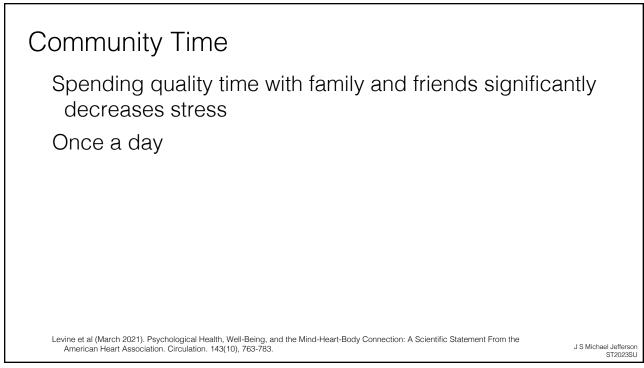
Mindfulness

30 minutes

3x per week

J S Michael Jefferson ST2023SU





Minimizing Anxiety and Stress	
Normalize	Community time
Breathing	Sleep
Exercise	
Reframe	
Relocating the emot	on
Acts of kindness	
Mindfulness	
Media detox	
	J S Michael Jefferso ST2023SI