

# Stress Management Resource Package

## Stress Management Facts:

- To be human is to feel stress and virtually every person will feel stress at times.
- It is also very common for university students to feel stressed because university studies is hard work and challenging.
- A student is not weak and/or inferior if they feel stress.
- Every student has a unique stress reality. That is, what stresses them and how they show stress. For example, some students are stressed by having to give a public presentation while others enjoy that activity. There is nothing wrong with you if you are stressed by something that someone else enjoys.
- There are many ways to manage stress and a good way to start is to not criticize yourself for feeling stressed.
- It is usually easier to manage stress if you take action as soon as you feel signs and symptoms of stress rather than waiting until your stress reaction gets stronger.
- Stress can gradually build if not managed well and can lead to very serious difficulties like anxiety and depression.
- Stress can come from positive events and experiences like a vacation, graduation, or when starting a new job.



# Thought Stopping and Thought Replacement

## STRESS AND NEGATIVE THOUGHTS

Negative thoughts are intricately connected to stress. Sometimes negative thoughts can cause stress; other times negative thoughts develop from stressful situations.

Negative thoughts include self-criticisms and are often exaggerated, and unrealistic. You can use the technique of thought stopping and thought replacement to change this and reduce your stress level.

## RED, YELLOW, GREEN LIGHT

There are three steps to thought stopping and replacement:

1. **Red:** Put the brakes on your negative thought by firmly saying to yourself “STOP”
2. **Yellow:** Slow down by taking time to take a few deep breaths and relax your body
3. **Green:** Say a calm but realistic thought

### Calming thoughts are:

- Short and to the point so they are easy to remember
- Are positive and realistic
- Remind you how to cope in a difficult situation
- Are words that, hopefully, you normally say to yourself



### EXAMPLES OF CALMING THOUGHTS

- “I’m nervous, but I will be okay”
- “My heart is beating fast but that won’t hurt me.”
- “Everyone gets nervous sometimes—that is part of being a student.”
- “This is uncomfortable but it won’t hurt me”
- “Take a breather for a second and then go ahead with what I need to do.”
- “Just float through this scary feeling.”
- “Remember that you’ve written exams before and it has been alright.”
- “I’ve studied as much as I can and I’ll remember things during the exam.”
- “No one is perfect. If I need help, I’ll ask for help.”

## NOTICING NEGATIVE SELF TALK AND TURNING IT OFF

<p><b>Situation:</b> What was going on?</p>	
<p><b>Automatic Thought(s):</b> What was I saying to myself?</p>	
<p><b>Emotion(s):</b> What was I feeling?</p>	
<p><b>Better Thought(s):</b> What is a self-supporting thought you could have next time?</p>	

### Creating “Better Thoughts”

- Consider what you would say to a friend who was having the same negative thought you’re having. For example, would you give them support or would you criticize them as you are criticizing yourself?
- What does the evidence of your life say about the negative automatic thought you’re having. For example, if you’re telling yourself you’re “stupid”, are you always stupid? Have you passed courses? Did you get into Law?
- Would you encourage or teach children to having automatic negative thoughts like you’re having?

## One Moment Meditation and App Resources

- [One Moment Meditation](#): How to meditate in a moment—this short youtube video can show you how to meditate anywhere.
- [Exam Stress App](#) - an app developed by a Student Counselling Service to help students with exam anxiety.
- [Guided Meditation and Mindfulness - Headspace app](#). This app makes meditation easy and simple.
- [Calm in the Storm](#) - this walks the user through similar activities (and offers versions from 5 min to 1 hour). It includes mindfulness meditation, self-compassion, body awareness, Indigenous teachings, and more. It was created by Klinic.
- [MindShift](#) -will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.
- [Calm](#)—this app also focuses on guided meditation and has options lasting from one minute to thirty minutes.
- [Relax Melodies](#)—is an app that is focused not on meditation but on music. It has 50 different sounds and lets you blend sounds to create new music.
- [Buddhify](#)—is an app to help you do short, yet direct meditation while walking, working out, travelling or at home.
- [Free Relaxing Sounds of Nature](#)—another way to help tune out and relax is through relaxation sounds. This app offers 25 soothing nature sounds and the freedom to create your own sounds.

