

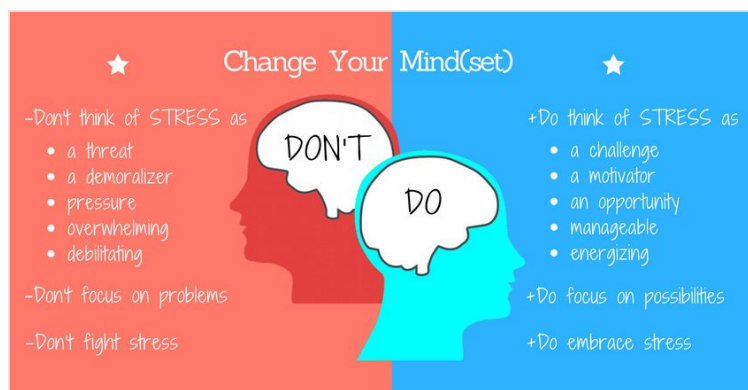
Stress Reduction Tools

Made with magic (or the good efforts of hard work of Health and Wellness students) You can enlarge each one to see them better!

GAIL MCFARLAND FEB 16, 2021 08:14PM

Changing Your Mindset:

*Contributed by Kailas Cuerpo, who is a physical therapy assistant. Given the high expectations of the nuclear medicine program, sometimes changing your mindset to meet the challenges we give you is a good response!! 🙏



Six Sounds of Healing

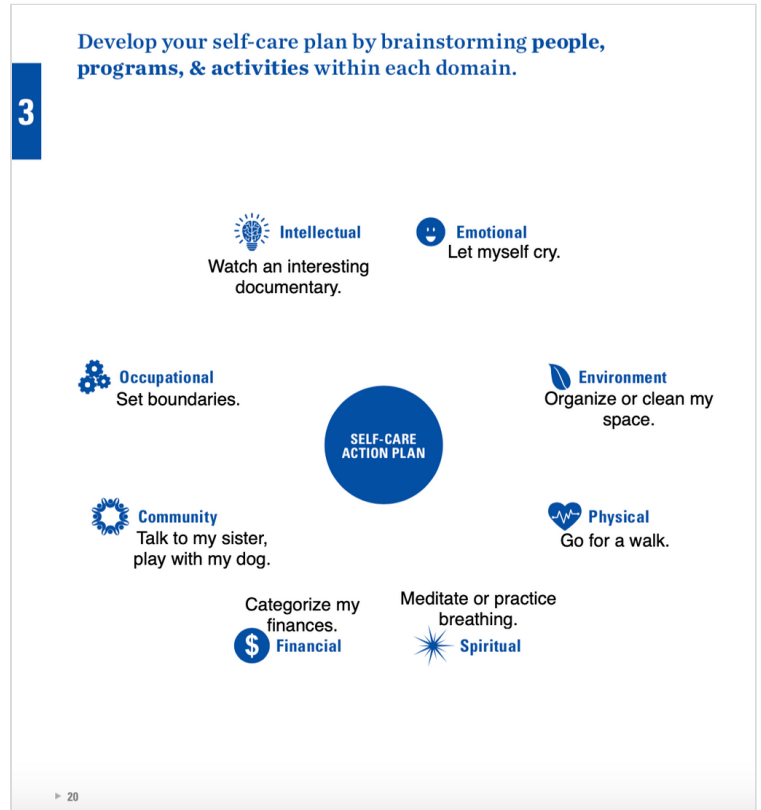
Qi-Gong techniques

*Shared by Kat Sun, RT(T), Radiation Therapist. These are also good ways to connect with your body and also include some of your knowledge of anatomy and physiology 🙏



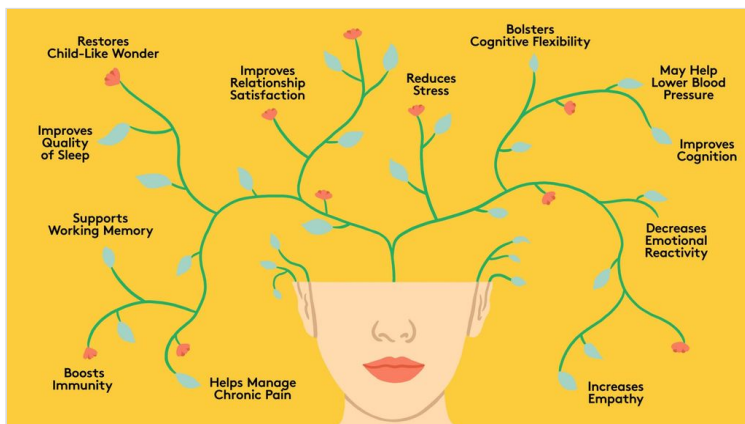
Centers for Disease Control and Prevention (CDC) Recommendations for Self-Care

*Contributed by Brian Wong, who is patient care coordinator. 🙏



Mindfulness Benefits

*Shared by Justin Taft who is a restaurant owner and chef. Many of us love to be active and/or want to work hard and multi-task throughout our days. We are thinking about accomplishments, exercise performance, assisting others around us, etc. Workers injure their backs or have falls while trying to protect patients or other things that are not 'self'. We perhaps never think of practicing mindfulness throughout our daily tasks. 🧘

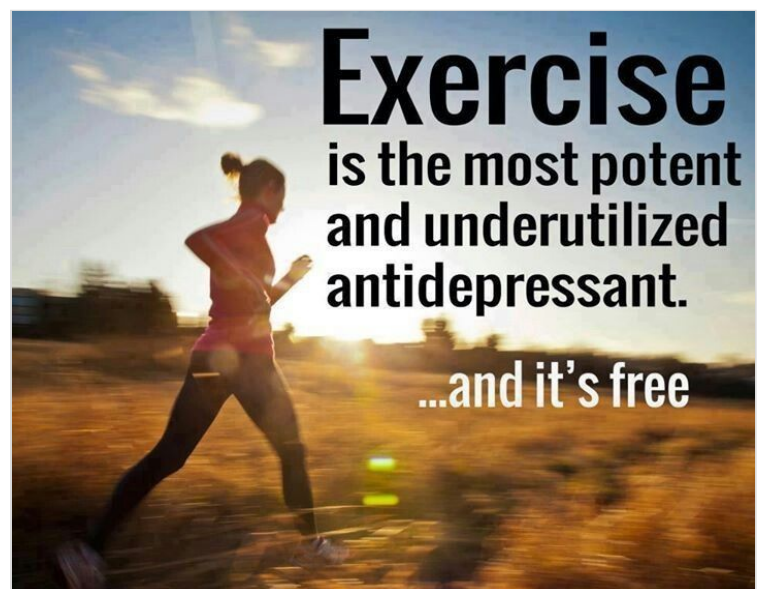


Self-Care Plans

*Contributed by Anusha Maharaj, who is a Health Educator. Sometimes the little things in life can make a world of difference!

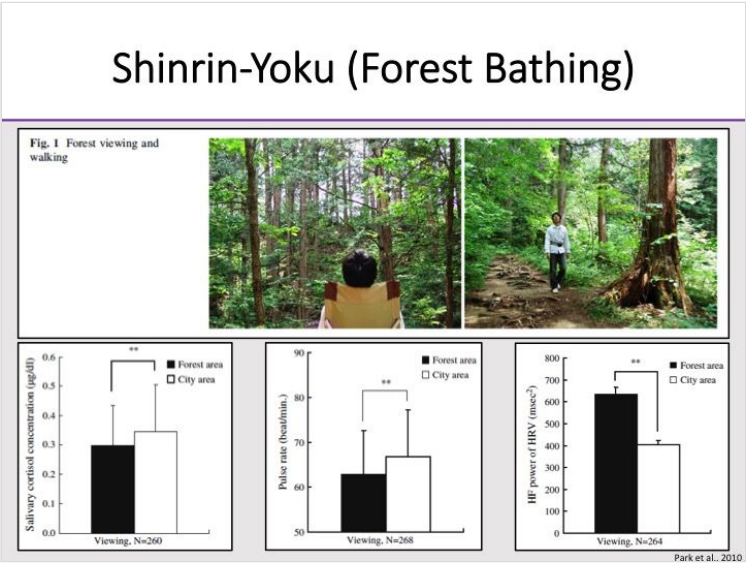
Important of Exercise

*Contributed by Anthony Madrid who is an exercise professional - exercise is probably the most underrated stress-relief technique - even a short walk on your break can reduce stress considerably 🏃



Forest Bathing

*Contributed by Lane Valentine, LMT who is a massage therapist. This technique refers to spending time in the forest, connecting to trees and nature, and enjoying the calming/healing effects.



Stress Catcher Project:

*Shared by Regee Costanzo who is a chef - this is a fun project similar to what some of us made in elementary school but with stress reduction tips added. 😊

blications/stress-catcher/20-mh-8121-stresscatcher_160279.pdf

STRESS CATCHER

CATCH SOME GREAT COPING STRATEGIES AND SKILLS FOR MANAGING STRESS

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Life can get challenging sometimes, and it's important for kids (and adults!) to develop strategies for coping with stress or anxiety. This stress catcher "fortune teller" offers some strategies children can practice and use to help manage stress and other difficult emotions.

Follow the instructions to create a fun and interactive way for children to practice coping strategies.

CREATE YOUR STRESS CATCHER

STEP 1. Color the stress catcher (on page 2), and cut out the square.

STEP 2. Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.

STEP 3. Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.

STEP 4. Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.

STEP 5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.

STEP 6. Close the stress catcher so only the numbers show.

USE YOUR STRESS CATCHER

1. Pick a number, and open and close the stress catcher that number of times.

2. Next, pick a color and spell out the color name, opening and closing the stress catcher for each letter.

3. Then pick a color that is visible and open that flap.

4. Read what it says, and practice the coping strategy.

5. This game can be played with one or two players and is a way to practice coping strategies.

ADDITIONAL RESOURCES

5 Things You Should Know About Stress
www.nimh.nih.gov/stress

The Teen Brain: 7 Things to Know
www.nimh.nih.gov/teenbrain

5 Action Steps for Helping Someone in Emotional Pain
www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-TALK (8255) for free 24-hour help

Crisis Text Line
www.crisistextline.org
Text HELLO to 741741 for free 24-hour help

For more information about mental health, visit the NIMH website at www.nimh.nih.gov. For information on a wide variety of health topics, visit the National Library of Medicine's MedlinePlus service at <https://medlineplus.gov>.

NIH National Institute of Mental Health

www.nimh.nih.gov
NIH Publication No. 20-MH-8121

Mindful Eating

*Contribute by a student who is a patient care coordinator. It is important to consider how eating plays into responses to stress.

