

Stress Survival Kit

Student Workbook



Cal Poly Counseling Services
(805) 756-2511
counseling.calpoly.edu

Table of Contents

Welcome	Page 3
In Session Worksheets	Page 4
Stress Curve	Page 5
Diaphragmatic Breathing	Page 6
Guided Imagery	Page 6
Relaxation Strategies	Page 7
Unhelpful Thinking Styles	Page 8
Reframing your Thoughts Worksheet	Page 9
Sleep Hygiene	Page 11
Appendix: Self-Practice	Page 12
Reframing: Additional Questions	Page 13
Breathing Exercises	Page 14
Guided Imagery: Safe Space	Page 16
Mindfulness Exercises	Page 18
Progressive Muscle Relaxation	Page 20
Body Scan	Page 22
Grounding Exercises	Page 23
Creating a Coping Box	Page 24
Self-Care Activities	Page 25
Online Resources	Page 26
Apps	Page 26
Books for Further Reading	Page 26

Welcome!

Welcome to **Stress Survival Kit**, a fast-paced, 1-session workshop intended to help increase your understanding and knowledge about stress and anxiety management. The goal is to provide you with some skills to recognize and manage symptoms you may be experiencing. We hope you find it helpful.

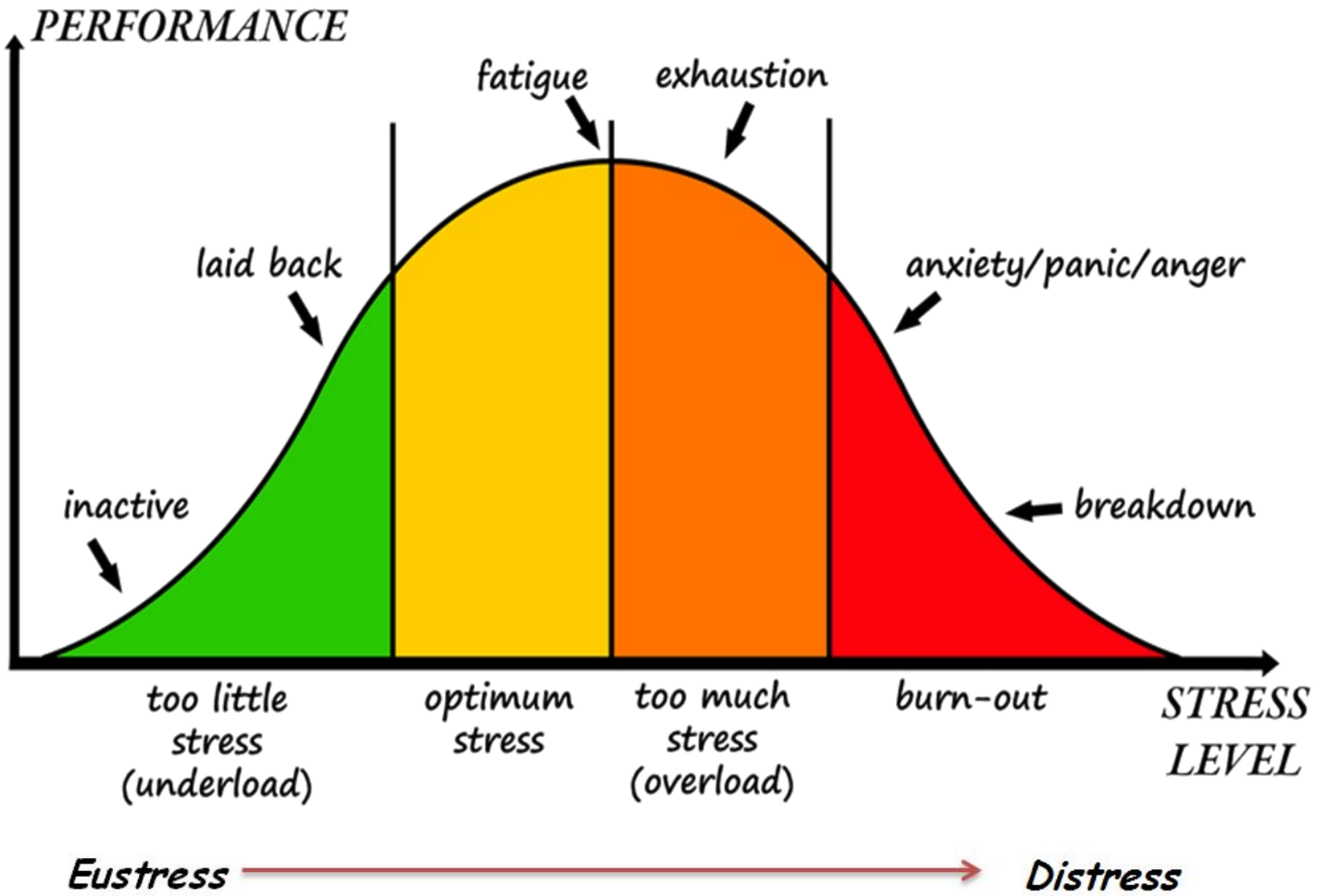
This session will review information about stress and anxiety, including how they present in your body, affect your wellbeing, and even affect your relationships.

During the workshop, you will learn about a number of relaxation strategies and even practice some in session. Allow yourself to immerse in the experience. Remember to practice these skills at home, in order to gain full benefit. In fact, think of this as an act of **survival** that is essential for you overall health! The more that you apply these skills, the more efficient you will be at recognizing your needs and set in place an effective practice that is your own.

If at any time you feel that you need additional support, please let your **Stress Survival Kit** leader know or contact Counseling Services at (805)-756-2511. You may also find additional resources online at counseling.calpoly.edu

IN SESSION WORKSHEETS

STRESS CURVE



Diaphragmatic Breathing



10-Highest distress that you have felt

5- Moderate distress; uncomfortable, but can continue to function

1- No distress at all; totally relaxed

Rating Before: _____

Rating After: _____

Journal Exercise:

Guided Imagery Meditation



10-Highest distress that you have felt

5- Moderate distress; uncomfortable, but can continue to function

1- No distress at all; totally relaxed

Rating Before: _____

Rating After: _____

Journal Exercise:

Relaxation Strategies

Mindfulness: Mindfulness means paying attention to your present moment, to the **here and now**. This means paying attention to your senses and thoughts as they are in the present, without any attempt to change them or control them. For example, you can take a mindful walk by noticing the sights, sounds, smells around you. Or you can focus on one thing at a time, such as your breathing without trying to change it, or your thoughts without trying to work on them.



Progressive Muscle Relaxation (PMR): This is a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice, you can get very familiar and quickly recognize any feelings of tension, as well as relaxation. This will allow you to react to the first signs of the muscular tension that comes with stress.



Body Scan: Similar to both mindfulness meditation and progressive muscle relaxation (PMR). Like PMR, you systematically work through the muscles in your body. But instead of tensing and relaxing muscles, you will focus on the way each part of your body feels, without labeling the sensations as either “good” or “bad”.

Grounding: A type of mindfulness exercise that focuses on your immediate surroundings. For example, you might focus on the texture and scent of a grounding object, like a rock or pillow, to bring your attention to the current moment. It is particularly helpful in reorienting yourself when you notice that your mind is distracted, or if you are having panic symptoms (like during a test taking situation.)



Yoga: A type of exercise that involves a series of both moving and stationary poses, combined with deep breathing. Yoga can reduce levels of stress and anxiety and can also improve flexibility, strength, balance, and stamina. Note: injuries can happen if yoga is practiced incorrectly; therefore, it is best to learn by attending group classes or following video instructions.



Self-massage: An affordable option to a professional massage you can enjoy. Try taking a few minutes to massage yourself in areas that you notice tension (like your neck and shoulders) between tasks, at the end of a hectic day, or in bed before sleep. You may incorporate other relaxation strategies such as deep breathing or mindfulness meditation with your practice.

Unhelpful Thinking Styles

All or nothing thinking

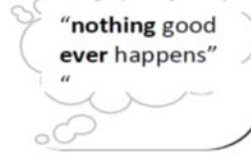


Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalizing



Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

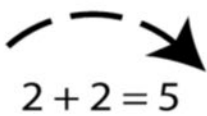
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

Magnification (catastrophizing) & minimization



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labeling



Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

Personalization

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Reframing your Thoughts Worksheet





Thought	Type of unhelpful style	Evidence for this thought	Evidence against this thought	Reframe <i>(What are other ways of looking at this? What is the bigger picture?)</i>
<i>I will never understand this</i>	Fortune Telling	<i>The book is hard to read</i> <i>My peers are struggling as well</i>	<i>Last time I thought this, I just needed to take more time.</i> <i>When I ask for help, I am more likely to get it.</i>	<i>I just need to step back before I give up.</i> <i>I can continue trying.</i> <i>I am feeling nervous, but I can handle this.</i>

Reframing your Thoughts Worksheet

Thought	Type of unhelpful style	Evidence for this thought	Evidence against this thought	Reframe <i>(What are other ways of looking at this? What is the bigger picture?)</i>
<i>I will never understand this</i>	Fortune Telling	<i>The book is hard to read</i> <i>My peers are struggling as well</i>	<i>Last time I thought this, I just needed to take more time.</i> <i>When I ask for help, I am more likely to get it.</i>	<i>I just need to step back before I give up.</i> <i>I can continue trying.</i> <i>I am feeling nervous, but I can handle this.</i>

Sleep Hygiene

What is Sleep Hygiene? ‘Sleep hygiene’ is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.

- 1. Get regular.** Go to bed and get up at more or less the same time every day, even on weekends and days off!

- 2. Get up & try again.** Go to sleep only when tired. If you haven't been able to fall asleep after 30 minutes, get up and do something calming (not stimulating) until you feel sleepy, then return to bed and try again.
- 3. Avoid caffeine & nicotine.** Avoid consuming any caffeine (coffee, tea, soda, chocolate) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These act as stimulants and interfere with falling asleep.

- 4. Avoid alcohol.** Avoid alcohol for at least 4-6 hours before bed because it interrupts the quality of sleep.
- 5. Bed is for sleeping.** Do not use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep.
- 6. Electronics Curfew.** Don't use back-lit electronics 60 minutes prior to bed, as the artificial light prevents hormones and neurons that promote sleep.

- 7. The right space.** Make your bed and bedroom quiet and comfortable for sleeping. An eye mask and earplugs may help block out light and noise.
- 8. No naps.** Avoid taking naps during the day. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 9. Sleep rituals.** Develop rituals to remind your body that it is time to sleep, like relaxing stretches or breathing exercises for 15 minutes before bed.

- 10. No clock-watching.** Checking the clock during the night can wake you up and reinforces negative thoughts such as “Oh no, look how late it is, I'll never get to sleep.”
- 11. Keep daytime routine the same.** Even if you have a bad night sleep it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.

Adapted from <http://www.cci.health.wa.gov.au>

APPENDIX

Self-Practice

Reframing: Additional Questions

When reframing self-talk, ask yourself these questions:

1. What are other ways of looking at this situation?
2. Am I looking at the whole picture?
3. What might be a more helpful way of picturing this situation?
4. What is the probability that my thoughts will happen? What are some other things that could happen that are equally or more probable?
5. Have I had any experiences in the past that suggests that this thought might not be *completely* true *all* of the time?
6. Can I really predict the future? Is it helpful to try? What can I do instead?
7. Could I be exaggerating how bad the result might be? What might be more realistic?
8. Can I read people's minds? What else could they be thinking?
9. What would I tell a friend if they had this thought?

Breathing Exercises

Diaphragmatic Breathing

You can do this exercise in any position, but it is helpful to do this exercise while lying down.

1. Lie comfortably on your back, with a pillow under your head, your knees bent and your back flat. You can stretch your legs out if that's more comfortable.
2. Place one hand on your belly and one hand on your upper chest.
3. Inhale slowly and expand your belly as you breathe so that your lower hand moves with your belly. Count: 1..2..3...The hand on your chest should remain as still as possible.
4. Hold for the count of 4
5. Slowly exhale making a whoosh sound with your mouth to the count of 5, focusing on the movement of your belly and lower hand as it returns to its original position.
6. Repeat steps 3 & 4 for several minutes, always focusing on the movement of the belly as you breathe. If your mind wanders, gently bring your attention back to your breathing.

Breath-Counting Exercise

This exercise focuses on the use of counting with the rhythm of the breath. Start with a short period of time and gradually increase the time. Set a timer so that you do not have to worry about when to stop.

1. Find a comfortable position. Take several deep breaths and settle into yourself. You may either close your eyes or keep them open, depending on your own comfort. If you keep them open, fix them on an object or a spot on the floor about four feet in front of you. Your eyes may be either focused or unfocused.
2. Take deep, comfortable breaths. Notice your inhalation. The pause between inhaling and exhaling, your exhalation, and the pause before starting again.
3. As you inhale, count, "1..." As you exhale, count, "2..." Inhale, "3..." Exhale, "4..." Continue until you reach 10 then start over.
4. If you lose count, simply begin with "one" on your next inhalation.
5. If you notice your mind has wandered, gently notice this, and return your focus back to counting your breath.
6. If you notice any body sensations catching your attention, focus on that sensation until it fades. Then return your attention back to counting your breaths.

Mindful Breathing Exercise

The simplest way to do mindful breathing is to simply focus on your breath: the in-breath and the out-breath.

1. Find a relaxed, comfortable position. You could be seated on a chair or on the floor on a cushion.
2. Tune into your breath. Feel the natural flow of breath—in, out. You don't need to do anything to your breath. Not long, not short, just natural. Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils. See if you can feel the sensations of breath, one breath at a time. When one breath ends, the next breath begins.
3. Now as you do this, you might notice that your mind may start to wander. If this happens, it is not a problem. It's very natural. Just simply notice that your mind has wandered, then gently redirect your attention right back to the breathing.
4. Stay here for about 5 minutes. Notice your breath, in silence. From time to time, you'll get lost in thought, then return to your breath.

Guided Imagery: Safe Space

Start by getting in a comfortable position....Allow your eyes to gently close, or if it's more comfortable for you, soften your gaze and focus on a spot on the ground a few feet in front of you

Think of a place that is very peaceful to you and very safe. Begin by paying attention to your breathing. Let yourself breathe into your abdomen, bringing your breath all the way down into your belly, hold.... and allowing yourself to **exhale slowly, allowing yourself to let go as you exhale**. As if with that breath, you can begin to release any tension, or discomfort, or distraction that you don't need to hold on to.

Now, begin to shift your attention from the outer world to your inner world. Imagine that when you breathe in, you're breathing in fresh energy....And imagine that with every exhale you just let go of more tension, discomfort, and **any distractions**. You might notice outside sounds around you. Allow them to recede into the background of your awareness. These are not important to your purpose right now.....

Begin now to imagine yourself going to that place that is very peaceful...very safe and secure. This is a place that you feel the **most comfortable** to be in, where you are **your most authentic you**. This might be a place that you've actually been to in your life—like the beach, a lake, your bedroom back at home; or it may be a place you've visited before in your imagination. Or it can be a new place, some combination, or some place that you've never imagined yourself going to before. It doesn't really matter. Just remember this is a place that **you feel the most comfortable in, where you are your most authentic you**.....

Imagine going there as best you can... in your own way. Look around and notice what you imagine seeing in this special, quiet, peaceful place. Are there walls around you? ...Perhaps trees? ... Can you see the sky? ... Or maybe you see something that is unique to **you**. Notice the colors and the shapes and the things that you see there.....

And so as you notice what you see, notice if you hear any sounds in this special, peaceful, quiet place....or whether it's just very quiet. You might hear the sound of the breeze around you... or laughter in the distance.... Really **pay attention** to the sounds and allow yourself to surrender to this beautiful place of your own. Take some time to **just be** here....

Start to notice the aromas in this place. What quality does the air around you have? ... Is there any fragrances? ... Musk? ... Perhaps the smell of fresh soil under your feet? Or a particular flower that you love? Or maybe, you cannot describe the smell, but you know that it's familiar and soothing to you. Take some time to **really focus on your sense of smell** as you explore this place....

Now, notice the temperature, the time of day, the season of the year. Is it warm around you? Does it feel cool and crisp? What are you wearing? How do the clothes feel on your skin? What textures can you reach and touch with your hands in this safe, pleasant place of your own. Imagine yourself taking it all in and **pay attention to the sensations on your skin....**

Engage all of your senses now. Take in the **experience as a whole**: the sights, the sounds, the aroma, the textures... Especially notice any feelings any peacefulness, or relaxation, or comfort that you feel. And **allow them to be there**. You are in **this place**. There's nothing else to do and nowhere else to go right now. Now, as you explore the space around you, find a spot where you feel most comfortable and allow yourself to get settled there. Simply enjoy a few quiet moments. Feel free to stay here as long as you need....

Okay, it's time for you to let go, little by little. Imagine yourself standing up, taking one last long look around you before you leave.... Bring your attention back to sounds around you in this room. Remember, you can come back to your special place at any time of your own choosing. Simply shift your attention to your inner world, allow your breath to get deep and comfortable, and imagine yourself coming to this peaceful, quiet place. If your mind should wander or get distracted, simply take another breath or two and refocus your mind back....

Now, allow the images to fade. Bring your focus back to your breath. Bring a sense of relaxation, peacefulness, and gratitude for this experience. Know that this place is always within you and that by **thinking about it**, you can get in touch with that feeling of serenity.

When you feel comfortable, open your eyes.

Mindfulness Exercises

The Raisin Exercise

This is a great introductory exercise for beginners to start practicing mindfulness. Focus on the following:

- The way the raisin looks
- How it feels
- How their skin responds to its manipulation
- Its smell
- Its taste

By focusing on the single object, the raisin, you are bringing your mind to the present, to what is right in front of you.

Mindful Seeing

This is a simple exercise, requiring only a window with some kind of a view.

1. Find a space at a window where there are sights to be seen outside.
2. Look at everything there is to see. Avoid labeling and categorizing what you see outside the window; instead of thinking “bird” or “stop sign”, try to notice the colors, the patterns, or the textures.
3. Pay attention to the movement of the grass or leaves in the breeze, notice the many different shapes present in this small segment of the world you can see. Try to
4. See the world outside the window from the perspective of someone unfamiliar with these sights.
5. Be observant, but not critical. Be aware, but not fixated.
6. If you become distracted, gently pull your mind away from those thoughts and notice a color or shape again to put you back in the right frame of mind.

Mindful Listening

Find a space to sit and be still. It can be at a bench on a park, at beach in the sand, or any other place of your choice.

1. Pay attention to the sounds around you
2. Listen to everything that there is to hear. Avoid labeling the sounds, just simply be aware of the quality of these sounds and notice your response to them.
3. Pay attention to any changes or new sounds introduced as time passes by
4. Be observant, but not critical. Be aware, but not fixated.
5. If you become distracted, gently pull your mind away from those thoughts and notice a particular sound (e.g., the humming of the breeze around you) to put you back in the right frame of mind.

The Mini-Mindfulness Exercise

A great exercise to try if you are strapped for time.

1. Step out of “automatic pilot” to bring awareness to what you doing, thinking, and sensing in this moment.
2. Try to pause and take a comfortable posture. Notice the thoughts that come up and acknowledge your feelings, but let them pass. Attune yourself to who you are and your current state
3. Bring awareness to the breathing for six breaths or a minute
4. The goal is to focus attention on one thing: your breath. Be aware of the movement of your body with each breath, of how your chest rises and falls, how your belly pushes in and out, and how your lungs expand and contract. Find the pattern of your breath and anchor yourself to the present with this awareness
5. Expand awareness outward, first to the body then to the environment
6. Allow the awareness to expand out to your body. Notice the sensations you are experiencing, like tightness, aches, or perhaps lightness in your face or shoulders. Keep in mind your body as a whole.
7. If you wish, you can then expand your awareness even further to the environment around you. Bring your attention to what is in front of you. Notice the colors, shapes, patterns, and textures of the objects you can see. Be present in this moment, in your awareness of your surroundings.
8. When you are ready you can start to refocus on your task at hand.

Mindful Walk:

This exercise incorporate more of your senses. You can do this while walking between classes or on your way to and from home.

1. As you walk down your path, take a moment to notice your surroundings
2. Notice the colors, shapes, and movement around you. Really focus on the physical features of the items in your path.
3. Now shift your attention to the sounds. Notice any laughter, subtle background noise of the people talking around you. See if you can pay attention to any new sounds you weren't aware of before.
4. Now, start to bring your awareness to your sense of touch. Are you warm or cold? What temperature is it? Is there a breeze? Notice whether the sun is touching your skin. Notice the feeling of your clothes and footwear on your skin.
5. Shift your attention to your sense of smell. Pay attention to the aromas of the earth around you, the trees, and other items in your path.
6. Continue engaging in your senses, until you reach your destination. You can now refocus you attention back to your task at hand.

Adapted from: <https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities/>

Progressive Muscle Relaxation

Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so; if not, soften your gaze on a fixed point.

1. Start by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds. 1... 2...3... Release the breath slowly and let the tension leave your body. Now, take another deep breath and hold it. 1...2...3.... Slowly release the air. Even slower now, take another breath in. Fill your lungs and hold the breath. 1...2...3. Slowly release the breath and imagine the feeling of tension leaving your body with each breath out.
2. You are going to begin progressively tensing and releasing our muscles. Start by clenching your fists, tighter and tighter. **Hold.** Study the tension in your fists, wrists and forearms as you hold the clenched fist. Now let go and relax your hands. Feel the looseness in your hands and notice the contrast between the tension and the feeling of relaxation
3. Now bend your elbows and tense your biceps. Tense them as hard as you can and observe the feeling of tautness. **Hold.** Relax. Straighten out your arms. Notice the feeling of relaxation in your hands, arms, and shoulders. Notice how your arms feel limp and at ease.
4. Turn our attention to your head. Wrinkle your forehead as tight as you can. **Hold.** Now relax and smooth it out. ...Now close your eyes, squint them tighter. **Hold.** Feel the tension. Now, relax your eyes. Let them remain closed gently and comfortably. Roll your head to the right and feel the changing locus of stress and **pause**, roll it to the left and pause. Straighten your head and bring it forward. Press your chin against your chest. Feel the tension in your throat, the back of your neck. **Hold.** Relax, allowing your head to return to a comfortable position. Let the relaxation deepen.
5. Next, tense the muscles in your back by bringing your shoulders together behind you. Hold them tightly. Tense them as hard as you can without straining and keep **holding.** Now let go. Release the tension from your back. Feel the tension slowly leaving your body, and the new feeling of relaxation. Notice how different your body feels when you allow it to relax.
6. Now shrug your shoulders up to your ears and **hold.** Relax your shoulders. Drop them back and feel the relaxation spreading through your neck, throat and shoulders. Give your body a chance to relax. Feel the comfort and the heaviness.

7. Next, breathe in and fill your lungs completely. **Hold** your breath. Notice the tension. Exhale. Let the air hiss out and let your chest become loose. Continue relaxing, letting your breath come freely and gently.
8. Now tighten your buttocks and thighs. Squeeze your thighs as hard as you can and **hold**. Release. Feel the difference as you let go.
9. Now move your attention to the calves and feet. Press your toes downward, making your calves tense. Study the tension and **hold**. Relax. Now bend your toes towards your face, creating tension in your shins. **Hold**. Relax again.
10. Finally, tense your entire body. Tense your feet, legs, stomach, chest, arms, head, and neck. Tense hard, without straining. **Hold the tension**. Relax. Feel the looseness and heaviness throughout your body as the relaxation deepens. Let go more and more. Experience the relaxation deepening.
11. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension. Begin to wake your body up by slowly moving your muscles. Adjust your arms and legs. Stretch your muscles and open your eyes when you are ready

The Body Scan

Start with lying on your back, with your palms facing up and your feet falling slightly apart. You can also do this exercise by sitting on a chair with your feet flat on the floor. For the purpose of this exercise, try to lie very still for the duration of the exercise, and move with awareness if it becomes necessary to adjust their position.

1. Start by bringing awareness to the breath, noticing the rhythm, the experience of breathing in and expelling out. Do not try to change or control your breath in any way. Simply notice it.
2. Bring your attention to the body: how does it feel? Notice the texture of clothing against the skin, the contours of the surface on which the body is resting, the temperature of the body and the environment.
3. Bring awareness to any parts of the body that are tingling, sore, or feeling particularly heavy or light. Make a note of these parts of your body in your mind.
4. Now pay attention to how each part of your body feels, any aches and pains, tightness, or looseness, any feeling of heat or coolness:
 - From toes of both feet to
 - The rest of the feet (top, bottom, ankle) then to the
 - Lower legs,
 - Knees,
 - Thighs and
 - Pelvic region- buttocks, tailbone, pelvic bone, genitals.
 - From there moving to the Abdomen,
 - Chest,
 - Lower back,
 - Upper back- back ribs & shoulder blades,
 - Hands (fingers, palms, backs, wrists),
 - Arms (lower, elbows, upper),
 - Neck,
 - Face and head (jaw, mouth, nose, cheeks, ears, eyes, forehead, scalp, back, & top of head)
5. Once you are ready, bring your attention back to the present moment. Keep in mind where your body holds tension, so that you can address these areas by engaging in light stretching with the supervision of an expert.

Adapted from: <https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities/>

Grounding Exercises

When people become overwhelmed with distressing thoughts or feelings, including intense anxiety, activities that keep your mind and body connected (called “grounding”) can be helpful in regaining a sense of stability and mental focus. The following are a number of grounding exercises to choose from to help firmly anchor you in the present moment and provide you with space to choose where to focus your energy. **You may need to try multiple different exercises to find one or two that work best for you.**

1. Remind yourself of who you are now. State your name, age, and where you are.
2. Take ten slow deep breaths. Focus your attention on each breath on the way in and on the way out. Say the number of the breath to yourself as you exhale.
3. Splash water on your face or place a cool wet cloth on your face.
4. Pay purposeful attention as you hold a cold (non-alcoholic) beverage in your hands. Feel the coldness, and the wetness on the outside. Note the taste as you drink. You can also do this exercise with a warm beverage.
5. Find a “grounding object” to hold, look at, listen to, and/or smell. This could be a soft object such as a pillow or stuffed animal, a smooth stone you found on the beach, a picture of a beautiful scene or loved one, and/or any other object that represents safety or comfort.
6. Listen to music. Pay close attention and listen for something new or different.
7. If you wake up suddenly during the night and feel disoriented or distressed, remind yourself who you are and where you are. Look around the room and notice familiar objects and name them. Feel the bed you are lying on, the softness of the sheets or blankets, the warmth or coldness of the air, and notice any sounds you hear. Remind yourself that you are safe.
8. Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them.
9. While sitting, feel the chair under you and the weight of your body and legs pressing down on it.
10. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part feels, all the way down to your feet, on the soft or hard surface.

11. Stop, look, and listen. Notice and name what you can see & hear in your surroundings.
12. Look around you, notice what is front of you and to each side, name first large objects and then smaller ones.
13. Get up, walk around, take your time to notice each step as you take one then another.
14. If you can, step outside, notice the temperature, the sounds around you, the ground under your feet, the smell in the air, etc.
15. “54321” Grounding Exercise:
 - Name 5 things you can see in the room with you.
 - Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
 - Name 3 things you can hear right now
 - Name 2 things you can smell right now
 - Name 1 good thing about yourself
16. Write and/or say grounding statements
 - This situation won’t last forever
 - This too shall pass.
 - I can ride this out and not let it get me down.
 - My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.
 - These are just my feelings and eventually they’ll go away.

Adapted from: <http://www.livingwell.org.au/well-being/grounding-exercises/>

Creating a Coping Box

Your coping box can be a large shoe box, photo box, other suitable containers, or a space in your room where you can gather objects that promote relaxation. The objects in the “coping box” will be unique to you. Here’s a list to get you started:

- Scented or unscented candles
- Essential oils of your favorite scents (e.g. lavender, chamomile, eucalyptus)
- Printouts of guided meditations
- A journal
- Grounding objects
- Play-do
- Coloring pencils and a coloring book

Make time every day to use at least one item from your “coping box” and practice the relaxation strategy of your choice. Remember, that your self-care is important in being able to maintain a healthy level of eustress to get you going through these final tough weeks of the quarter.

Self-Care Activities

Acting	Amusing people	Attending a concert	Beachcombing	Being alone	Being with animals	Being at the beach
Being complimented	Being coached	Being counseled	Being in the country	Being at a family get-together	Being at a fraternity/sorority	Being with friends
Being with happy people	Being in the mountains	Being with my roommate	Being with someone I love	Being told I am loved	Being with my parents	Bird-watching
Boating/canoeing	Budgeting my time	Buying things for myself	Buying something for someone	Camping	Caring for plants	Canning/ Making preserves
Cheering for something	Collecting things	Combing/ brushing my hair	Completing a difficult task	Complimenting or praising someone	Cooking	Counseling someone
Dancing	Dating someone I like	Designing/ Drafting	Discussing my favorite hobby	Doing art work	Doing experiments	Doing favors for people I like
Doing housework	Dreaming at night	Driving long distances	Eating good meals	Exploring/ Hiking	Expressing love to someone	Feeling the presence of a Higher Power
Fishing	Fixing machines	Gardening/ Doing yardwork	Gathering natural objects	Giving gifts	Giving a party for someone	Getting up early
Getting massages	Giving massages	Going to an amusement park/ zoo	Going to a barber/ beautician	Going to a concert	Going to lectures	Going to a luncheon/ potluck
Going to a health club/ sauna/spa	Going to the movies	Going to a museum	Going on nature walks/ field trips	Going to a play	Going to a restaurant	Going to a reunion
Going to a spiritual/ peaceful place	Going to a sports event	Having coffee/tea with friends	Having daydreams	Having friends over to visit	Having a lively talk	Having lunch with friends
Having an original idea	Having spare time	Hearing jokes	Helping someone	Hiking	Horseback riding	Improving my health
Kicking sand/ pebbles/leaves	Kissing	Knitting/ crocheting	Laughing	Learning something new	Listening to the radio	Listening to music
Looking at the stars/ moon	Making charitable donations	Making food to give away	Making a new friend	Meditating/ Doing yoga	Planning or organizing something	Playing sports
Playing cards	Playing music	Playing with a pet	Playing in nature	Playing a board game/ chess	Photography	Repairing things
Reading	Reminiscing	Riding in a plane	Running/ jogging	Saying prayers	Seeing beautiful scenery	Seeing old friends
Sewing	Shaving	Singing	Sleeping late	Smelling a flower or plant	Seeing good things happen to people	Solving a puzzle/ crossword
Speaking a foreign language	Staying up late	Smiling at people	Taking a bath	Using my strengths	Watching TV	Writing in a journal

Online Resources

Cal Poly SLO Counseling Services - Guided Meditations

<https://www.youtube.com/playlist?list=PLI44jVzqiSNuYrPNPWHc6BTqrwBXtlhrS>

Mayo Clinic Stress Reduction Website

<http://www.mayoclinic.com/health/mindfulness-exercises/MY02124>

Meditation Oasis www.meditationoasis.com

Mindful www.mindful.org

Mindfulness Research Guide <http://www.mindfulexperience.org/>

UCLA Mindful Awareness Research Center- Guided Medications

<http://marc.ucla.edu/body.cfm?id=22>

Apps for your Smartphone, Tablet, or Computer

ACT Coach

Breathe2relax

Breathing techniques by Hemalayaa

CBT i-Coach

Headspace

Mindfulness Coach

Mindshift

T2 Mood Tracker

Take a break!

Books for Further Reading

The Anxiety and Worry Workbook by Clark & Beck (2012)

Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)

The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)

The Mindfulness Workbook: A Teach Yourself Guide by Langley (2013)

The Relaxation & Stress Reduction Workbook by Davis, Robbins, Eshelman & McKay (2008)