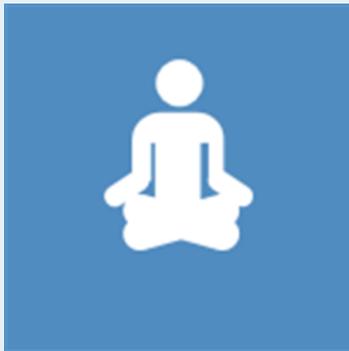


## Calm on the Go

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HSU Library Brian Booth: Located on the second floor, the brain booth has drop in hours every Wednesday and Thursday from 11 am-3 pm. Activities available include biofeedback, sound and light therapy, visual reality goggles, coloring, meditation, sound and light therapy, and activities for emotional self-regulation.



Looking for guided meditation? Youtube, Spotify, and the website [doyogawithme.com](http://doyogawithme.com) are some of places you can find free meditations of a variety of lengths and with a variety of goals.

### Apps to help manage stressors

- Headspace– Guided exercises for breathing, meditation, mindfulness and sleep
- Pacifica– Includes mood and health tracking, mindfulness meditation, and cognitive behavior therapy. Also includes a message board to connect with others as a means of social support.
- Headspace– Includes a variety of guided meditations including “bite-sized” meditation for short time periods and “SOS” activities for when you’re feeling overwhelmed.
- Breath mix– Uses biofeedback through built in camera sensor to guide breathing (note: this app must be purchased after a free trial)
- What’s up– Provides activities for stress management including grounding activities, breath control, self-talk, community forums, and connections to outside resources. Also includes a personal habit section where you can keep a diary, track behaviors, and set goals.
- Breath ball– Guided breathing through a visual timing sequence.
- Expense IQ Money Manager- Set budget and financial goals, reminders for bills, charts expenses, gives warnings as you get close to your budget.
- Remember the Milk– Scheduling app that will integrate across all of your devices/platforms
- Rescue Time- Track how you are using your time and make a plan to prioritize tasks to spend your time on.

Note: this is not an exhaustive list, just a place to start!

## Stress Management

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*dear stress,  
lets break up.*

*♥ me*

## Stressin' Out

Stress response is a state of emotional strain or tension resulting from adverse or very demanding circumstances.

There are two kinds of stress, eustress which is from positive events (e.g. wedding, starting a new job, getting a new pet, etc.) and stress which is from daily life and negative events (e.g. big deadlines, food access, death in the family, etc.).



### Stress Equation



Some stress is more tied to the event but some stress we can manage by addressing thought and feelings.

## Stress...

### Stress management strategies to try

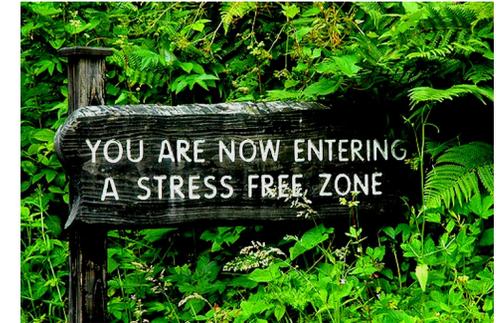
**Cognitive Restructuring:** Examine how you talk to yourself in stressful situations and change negative self-talk into positive talk. For example: if you find yourself stressed over a deadline and saying "I'll never get this done in time, I'm an idiot and should have found more time to do it earlier." try for "I have not done this yet because I have had a lot going on but that's okay, I will work hard on this project now and get it done."

**Budget:** Plan out how you want to use your time and money and stick to those plans to help relieve stress from everyday life. This could be a bullet journal, on a notepad, an electronic system, whatever works for you!

**Get Moving:** Doing activity can reduce the stress you are feeling at the time. Regular physical activity can reduce your baseline stress levels.

## What Stress?

**Get Creative:** Journaling can help lay out stressful events and responses to externalize the feelings. Engaging in any form of expressive art (e.g. music, acting, draw, paint, clay, etc.) can help relieve stress.



**Relaxation Strategies:** There are many relaxation strategies you could try including deep breathing, mental imagery and visualization, progressive muscle relaxation, guided or self-directed relaxation, biofeedback, and T'ai Chi Ch'uan.

