

# Resources for Managing Stress

[Link to CMU Managing Stress Webinar \(May 6, 2020\)](#)

[Link to CMU Managing Stress Webinar \(October 22, 2020\)](#)

## Notes about the recording:

1. To see the live chat that was taking place during the webinar, the participant list, and the polling responses, move your cursor over the main screen and you will see the three icons for this information appear on the left. The chat provides some great information as people talked with one another and provided their examples of additional things they did in each of these categories.
2. For your convenience, I have captured many of the examples that have been shared by participants at the end of this document.

## Perception and Attitude videos

**The Happiness Advantage Video (12 ½ min):** Shawn Achor on the power of positive thinking. This is one we shared in an LSI Fire Up Tips Newsletter awhile back, but is worth the repeat. It will get you laughing and feeling better just watching it, let alone the benefits gained if we actually do what he recommends.

[https://www.youtube.com/watch?v=GXy\\_kBVq1M](https://www.youtube.com/watch?v=GXy_kBVq1M)

**Welcome the Rain Video (3 min)** – It is about our perception in difficult and stressful situations and life circumstances

<https://www.youtube.com/watch?v=e-2Dbhg9GeQ>

## Summation of Best Practices Shared by Participants (Roughly Categorized)

(with a few others tossed in from other resources)

## Counseling Center Website and self-help resources:

### Website:

<https://www.cmich.edu/ess/StudentAffairs/CounselingCenter/Pages/default.aspx>

**Self-help resources.** Some are geared more towards students as that is our main population of service but there are many helpful things for all!

<https://www.cmich.edu/ess/studentaffairs/CounselingCenter/Pages/SelfHelp.aspx>

**Daily positive inspirational quotes by Jon Gordon and others** (mentioned by Bob Garcia in the May 6<sup>th</sup> workshop):

Sign up to receive your daily positive message! Every morning, Monday-Friday, we'll send a short inspirational quote or encouraging message by Jon Gordon and other

authors/thought leaders. Each email will help you fuel your life, work and team with positive energy.

<http://www.dailypositive.com/>

## **Journaling: Three things that went well exercise**

### **A Simple Daily Intervention Decreases Employee Stress**

by Andrew O'Connell | 8:30 AM January 28, 2014

Stress levels and physical complaints **declined** by roughly **15%** after employees were directed to spend 10 minutes writing about three things that had gone well each day, says a team of researchers led by Joyce E. Bono of the University of Florida. At the end of the work day, the employees logged on to a website where they were asked to write about events large or small, personal or work-related, and explain why they had gone well. The findings suggest that this intervention could have important effects on employee stress and health, the researchers say.

SOURCE: [Building Positive Resources: Effects of Positive Events and Positive Reflection on Work Stress and Health](#)

### **Immediate Coping Mechanisms:**

- Dance breaks were a popular item (with some committing to bringing that back to campus when it is open...I'll stop by to see if this is happening!)
- Use the CALM App or WHIL App
- Getting up and doing something active
- Face to face video calls to connect
- Walking the dog during breaks and walking in general (rain or shine!)
- Journaling can help, particularly focusing on positive things and what you are thankful for (see above summation of research)
- Take 5 minutes to cuddle a cat/pet or two!
- If you are feeling stressed and you need space from others in your home for a moment (introvert needing some alone downtime perhaps) communicate with others in your household and see if they can find another space to work in for a while.
- My 6-year-old is very active. On nice afternoons she plays outside and I bring my laptop out and work from the porch or lawn chair
- If I'm not communicating with others by phone or video, I let my children play in the room I am in
- To all the parents: give yourselves grace if your children come into your video space. It may mortify you, but it makes me smile and makes my day! Take some pressure off yourself – this is a crazy time and you are doing the best you can!

## **Daily Supportive Activities:**

- Lunch and mealtimes with family
- Roller Blading
- Picking up active hobbies maybe we haven't done in awhile
- Baking! Balance between healthy eating and what is good for mental health can be tricky! 😊
- Using the Do Not Disturb setting on our devices, both at night AND during the day for focus
- Yoga and online zoom exercise classes of various kinds. You can do short ones on breaks (try Cosmic Kids Yoga for your kids...or for you! 😊 )
- SomeGoodNews (SGN) on Youtube
- Monday Motivations email from Katie Neu (contact her directly if you want her to add you to her distribution list – [neu1k@cmich.edu](mailto:neu1k@cmich.edu))
- Walking the dog with kids during lunch break
- Photographing nature things during walks
- Set boundaries with email. Treat it as an 8-5 commitment, and communicate with team members if needed outside that time they need to text or call
- I really focused on setting up my space at home where I am working. I only do work from there. Once I "leave" the office, I am done for the day!
- Reaching out to others during the day (video or non) so you don't feel like you are working all alone
- Communicate your boundaries and help others to keep theirs. A friend of mine has a footer on her emails – "My working day may not be your working day. Please respond during your working day."
- Keep the workspace the workspace, even to the point of not using the same chair or computer for non-work times and communication.
- I try to schedule meetings after 2:00, since that is the time my husband gets home from work and can help with the kids.

## **Lifelong Foundations**

- Fake it 'til you make it. Your mind starts to believe it and change your perspective
- Katie's honesty from the May 6, 2020 workshop that she gives herself permission and grace to be sad sometimes... and one person noted that Katie may be the most positive person they know...good to know that even she can't be "up" 24/7/365...
- Faith/prayer/meditation – daily and/or nightly readings
- Listening to positive, uplifting music