PLANNING FOR BALANCE

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WHAT DO YOU HOPE TO LEARN TODAY?
OUTLINE

Why am I so stressed?

How can I manage my stress?
  • Benefits of meditation

Planning for Balance
  • Tools/Exercises

Staying Balanced
  • Resources on Campus

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WHY IS EVERYBODY SO STRESSED?

Are we too busy?

Are We Too Busy? Video

I'm too busy to tell people how busy I am.

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A FEW OF THE TOP REASONS WHY....

Academics
- Academics demand a ton of time. Time management is hard
- Many other fun opportunities to get involved with on campus
- If I only have one class... WOW, I'd be great!
- I really should sleep..... But I am so far behind on the material
- Do I like my major? How do I know?
FAMILY

- I miss my family
- My family is driving me crazy
- I should be at home taking care of my family
- My family doesn’t understand why school is so hard
- My family is many hours away
FINANCIAL

• I have no money
• I have no time to work in order to make money
• I’m hungry all the time
• Do cheap groceries exist?
FUTURE

- What’s my five year plan?
- What do I want to be when I grow up?
- Where am I going to live?
- What if I don’t make it into ________?
What is stressing you out?

- Relationships: 25%
- Class: 5%
- Future: 23%
- Money: 12%
- Other: 35%
HOW CAN I MANAGE MY STRESS?

- Why mindfulness is the new superpower - Featuring Dan Harris
  - https://www.youtube.com/watch?v=Wlj8St0inLE

- Full Video
  - Dan Harris: “10% Happier” talks at Google
  - https://www.youtube.com/watch?v=Dt5Qv9tUObI
BENEFITS OF MEDITATION

Lower levels of stress hormones
Lowers your blood pressure
Boots your immune system
Mitigates depression, anxiety, ADHD, and age-related cognitive decline

-Dan Harris, 10% Happier talk at Google
WHERE'S THE PROOF?

Finding an Inner Voice through Silence: Mindfulness Goes to College
- Journal of College & Character

Mindfulness Helps you Become a Better Leader
- Harvard Business Review

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EXERCISE #1:

Life Wheel Exercise

Journal Prompt:
- When you look at your life wheel, how does that make you feel?
- What areas in your life wheel can you improve in the immediate future (next 6 months)?
WHAT CAN/NEEDS TO CHANGE?

You only have so much time in one day
You only have so much time that is not taken up by sleep, homework, etc.
How much time is left?
EXERCISE #2:

Calendaring Exercise

Discussion - How much “free time” do you have in one week?
  - Really work on what means the most to you
  - Choose what you get involved in wisely
  - Learn the art of saying “NO”

Journal prompt: Out of all of your extracurricular activities, what could potentially be taken off your list?
EXERCISE #3:

Outcome Web/Outcome graph

Discussion: What do you hope to accomplish in the next 6 months?
- In the next year?
RESOURCES: STAYING BALANCED

We’re here to help!

- Pure Wellness
- Unplug!
- Dog Therapy
- Like “Michigan Tech Student Activities” on Facebook
  - Mindful Sundays
  - Wellness Wednesdays
- Counseling Services
- Fitness Center
- Food Pantry
OTHER HELPFUL RESOURCES

Apps
- Buddify
- Happify
- Headspace

Readings
- Search Inside Yourself - Chade-Meng Tan (Google)
- Eckhart Tolle (eckharttolle.com)
- Wherever you go there you are - Jon Kabat-Zinn
LET’S PRACTICE

5 Breaths Activity

Grounding Exercise
QUESTIONS?
TO BRING:

- Flip chart paper
- Markers/colored pencils
- Journals/scrap paper
- Pens
- Life Wheel
- Outcome web/table
- Week of Wellness Schedule
- Sex Signals postcards
- Speaker/meditation music
- Mindful resources handouts
- Sign in sheet
- Mindfulness article(s)
- Presentation clicker