Losing the Stress Habit: Managing Stress in Daily Life

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Participants in this seminar will discuss the culture of stress that is prevalent on college campuses and identify lifestyle factors that contribute to stress. The neurobiology of the stress and relaxation responses will be introduced and students will have opportunities to practice techniques to elicit the relaxation response. The first day will focus on the stress response and identifying individual stress symptoms, while the second day will focus on the relaxation response and practicing techniques.

Participants will analyze their habits, routines, and roles and create individualized plans based upon identifying stress symptoms, participating in meaningful activities, and engaging in relaxation. Daily activities will be a focus of each plan, including eating routines, physical activity, and time management. The relation of stress to sensory systems will also be discussed and students will identify sensory strategies to modulate their nervous system, awareness, and arousal to be full participants in their college experiences. Students will be introduced to campus resources to assist in managing stress.