

## ① Set Goals

Set specific Awareness and Practice goals for integrating stress management into your daily life.

### Awareness Goals

- Scan for tension every time you (choose one): Walk through a doorway, look at the clock, sit down, see a color, get a text message, put on hand lotion, every hour etc.
- Notice thoughts that trigger anxiety or self-doubt
- Notice emotional reactions to stress: anger, irritability, fear, anxiety
- Notice hand temperature, perspiration, heart rate, stomach discomfort, etc.
- Other: \_\_\_\_\_

### Practice Goals

- Listen to a relaxation recording at bed-time, morning, etc
- Take a break from study to practice
- Do diaphragmatic breathing in class, meetings, driving, etc
- Change stressful thoughts to calming ones
- Do quick technique before taking a test, studying, etc.
- Other: \_\_\_\_\_

## ② Choose a Time

Choose a time each day that fits easily into your routine to practice deep relaxation—coming to a full stop—for 10 or more minutes to:

- Learn the techniques
- Condition your mind and body to easily relax.
- Give your mind and body a needed break from stress

### Resources

- \* Download free mp3's of all the relaxation techniques on our website: use anywhere!
- \* Check out professional relaxation cd's from the Media Center in the Library (list on back)
- \* See Optimal Breathing section of handout (on back)
- \* Walk in and use the emWave biofeedback program in 2590 (see right)

## ③ Check Often

Check your body and mind often throughout the day for tension and stress and release it—“tap the brake”—to calm down, improve concentration, memory, and focus and prevent stress build-up.

### Resources

See 15-Second Refresher handout on website

## ④ Experiment

Experiment to find the techniques and strategies that work best for you for deep relaxation and for tapping the brake.

### Resources

Consult the Biofeedback and Relaxation Guide on the website under Handouts to know which techniques and handouts are helpful for your particular stress issues

## ⑤ Training

### Stress Management & Biofeedback Services

- Make an appointment at the reception desk in WSC 1500 or call 801-422-3035
- Walk-in during open biofeedback and relaxation training hours for:

Biofeedback training with fun interactive biofeedback programs:

- \* *emWave*: Learn to calm yourself with diaphragmatic breathing for improved mental clarity and emotional well-being
- \* *Dual Drive*: Your calm breathing fuels your car and helps you win the race.
- \* *Relaxing Rhythms*: Play games that teach calmness, mindfulness, and patience. Learn meditation and the cultivation of positive thinking and emotional well-being from experts

Learn all the different Relaxation Techniques with the help of biofeedback

### See Open Biofeedback Hours for current schedule

### Career and Academic Success Center

- \* Practice calming yourself through breathing using *emWave* biofeedback
  - Fun interactive biofeedback program
  - WSC 2590, open Mon-Fri from 8am-5pm
  - Bring ID, no appointment necessary

## Relaxation Techniques

\*Refer to the Biofeedback & Relaxation Guide  
handout to match a technique to your stress issues

- Breathing
- Body Scan
- Autogenics
- Progressive Muscle Relaxation
- Meditation
- Visualization
- Self-Hypnosis
- Performance Rehearsal

## Handouts on website

- Biofeedback & Relaxation Guide**
- Basic Relaxation Skills
- Coping with Stress
- Managing Stress Worksheet
- 15-Second Refresher
- Insomnia Busters
- Changing Thoughts & Perceptions
- Dealing with Anxiety
- Test Anxiety Worksheet
- Break the Worry Habit
- Headache Helps
- Stress and the Mind
- Stress and Performance
- Stress Busters for College Students
- Time Management

Also see handouts on specific relaxation techniques

## Library Relaxation CDs

CDs may be checked out for 3 days from 4840 HBLL

### Autogenics

Autogenic Stress Relief CD 20-R, CD 52-R  
 website  
 Autogenics: Full Body CD 50-R & website  
 Autogenics: Arms and Legs

### Body Scan

Body Scan CD 53-R  
 Passive Progressive Relaxation CD 33R  
 Body Scan CD 50-R, Website  
 Ten-Minute Stress Release CD 46-R

### Breathing

Calming Breath-Peaceful Pool CD 36-R  
 Breath Ten CD 53-R  
 Total Breathing CD 47-R

### Meditation

Mindful Meditation CD 36-R  
 Mindful Meditation Website  
 Calm Down CD 53-R

### Music Only

Natural Sleep Improvement CD 22-R

### Performance Rehearsal

Accessing Your Power CD 44-R  
 Self-Programming Success CD 44-R  
 Performance Rehearsal CD 50-R, website

### Progressive Muscle Relaxation

Progressive Relaxation CD-36R  
 Tension Relaxation CD 20-R  
 Progressive Relaxation CD 38-R

### Self-Hypnosis

Self-Hypnosis: Insert Own Phrases website  
 Self-Hypnosis: Affirmations CD 50-R, website

### Visualization

A Trip to the Beach CD 20-R  
 Calming Breath-Peaceful Pool CD-36R  
 Daydreams 1: Get-Aways CD 34-R  
 Daydreams 2: Peaceful Places CD 35-R  
 Time Out from Stress (Vol 1) CD 21-R  
 Time Out from Stress (Vol 2) CD 24-R  
 Beach Visualization CD 50-R, website

## Optimal Breathing

Personal Optimal BPM: \_\_\_\_\_

Optimal Breathing balances the energy of the stress response with the calmness of the relaxation response for peak performance in academics, music, speaking, sports, etc. Autonomic balance is achieved by breathing at an average of 6 breaths-per-minute (taking 10 full seconds for each breath), depending on the individual. The optimal rate of breathing for each individual can be measured using Heart Rate Variability biofeedback or by using the following resources to breathe for 2 minutes at each rate breathing from 7.0 down to 4.5 breaths-per-minute to feel which hits the sweet spot of energy + calmness for you:

*Breath-Sync music tracks & cd's:* [www.breath-sync.com](http://www.breath-sync.com)

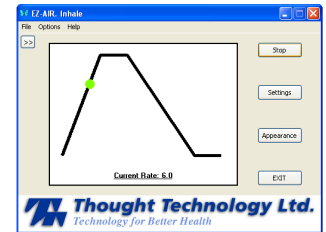
Music breath-pacers. Website has:

- Diaphragmatic breathing training video
- Sample music tracks to choose Optimal rate of breathing
- Full 10 minute tracks available for purchase

*EZ-Air computer breath pacer:*

[www.bfe.org/ez.htm](http://www.bfe.org/ez.htm)

- Free for 30 days (\$20 if you wish to purchase it)
- for maximum benefit, adjust the settings so the exhalation is longer than the inhalation



*Smart Phone apps*

- [www.mybrainsolutions.com/mycalmbeat](http://www.mybrainsolutions.com/mycalmbeat) (free)
- [t2health.org/apps/breathe2relax](http://t2health.org/apps/breathe2relax) (free)
- [www.azumio.com/apps/stress-doctor](http://www.azumio.com/apps/stress-doctor) (\$4.99)  
- measures heart rate and shows graph of heart rate variability

*Breathe to the second hand or stopwatch on a clock, watch, or phone: Inhale for 5 seconds, exhale for 5 seconds.*

*emWave PC program*

- Computers in Career and Academic Success Center WSC 2590
- M-F, 8 am to 5 pm, Bring ID