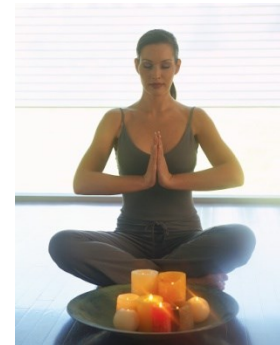


# Just Breathe...

Taking Care of Yourself So You Can  
Better Help Your Students





# We Are

## ★ Stephanie Currie

- ✧ Assistant Director, Academic Exploration Program
- ✧ Certified Yoga Instructor

## ★ Monica Romeo

- ✧ Director, Counseling Services
- ✧ Licensed Mental Health Counselor

- ★ Over 36 years of yoga experience between us!





## Stress

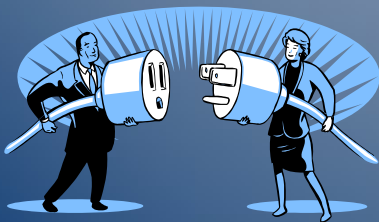
Everyone has stress on the job.

- ✿ How we react to those stressors on a daily basis is the key not only to our workplace satisfaction, but also how effectively we work with our students.
- ✿ Learn to recognize how minds and bodies react to stress and tension
- ✿ Learn the implications stress can have.



# – Body Connection

- ✿ Thoughts and feelings are closely connected
- ✿ Body responds to the way we feel, think and/or act
  - ✧ Think about something funny....
  - ✧ Think about that first sunny, warm day when winter is ending...
    - ✿ How do you feel physically?
    - ✿ How do you feel mentally?





# Head – Body Connection

When our emotional health is good, our physical health is also good

✧ Opposite is also true and can go either way

✧ Good stuff can be just as “stressful” as bad

✧ Effects on our bodies

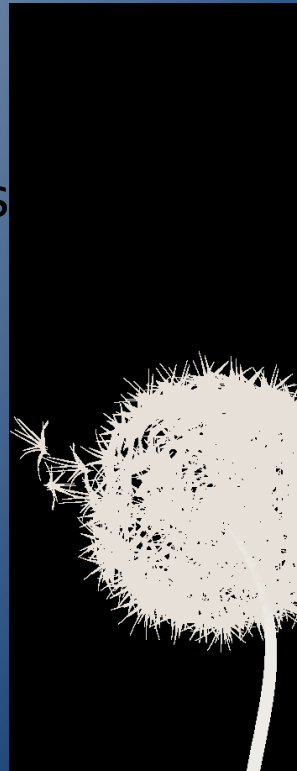
✧ Weakened immune system

✧ Cardiac Problems

✧ Breathing problems

✧ Digestive problems

✧ Sleep Issues





# Mind - Body Connection

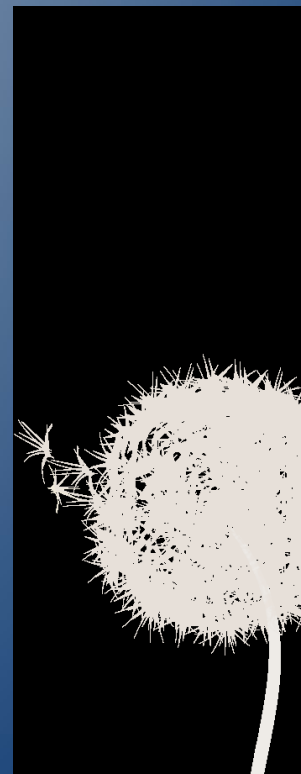
## Deep Breathing

✧ One very effective way to reset the mind body connection

✧ Slow breathing is a healthy way of breathing

### ✧ Types

- ✧ Diaphragmatic breathing (3 part breath)
- ✧ Square Breathing
- ✧ Slow breathing
- ✧ Yoga





# Stress & Relation to Work

- ✿ Work and stress are strongly related
  - ✿ What makes you stressed at work?



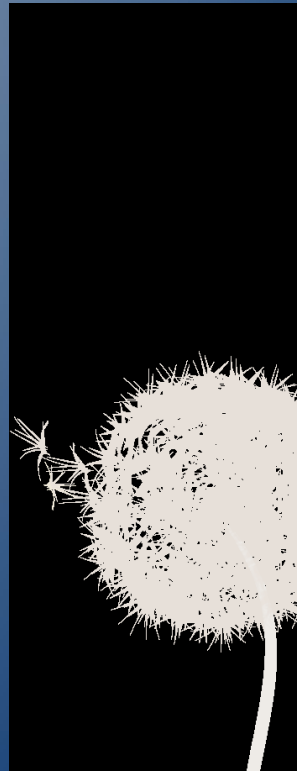


# Stress & Relation to Work

## ☀ Positive Stress

### ✧ Helps us

- ☀ Be creative
- ☀ Meet deadlines
- ☀ Overcome challenges





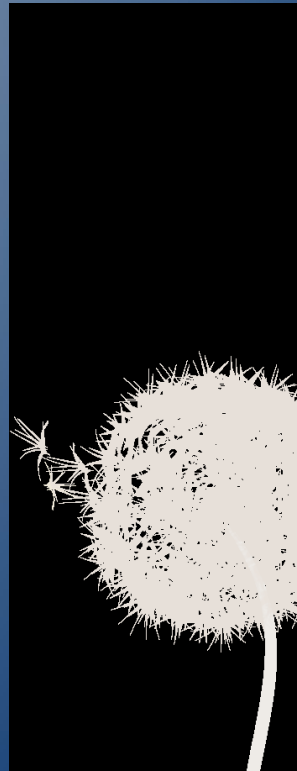


# Stress & Relation to Work

## ✿ Negative Stress

### ✧ Results in

- ✿ Frustration
- ✿ Illness
- ✿ Poor quality of work
- ✿ Burnout
- ✿ May even want to leave your job





# Stress & Relation to Work

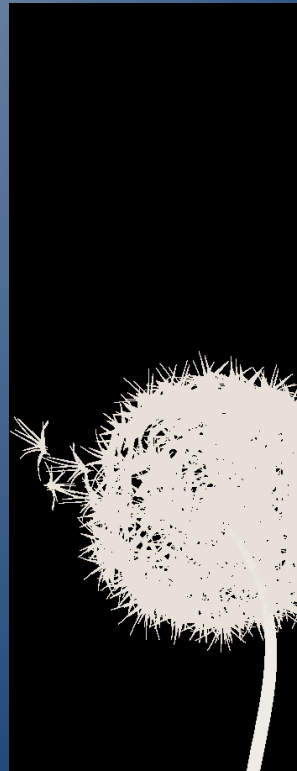
- ✿ Environmental Factors at work, leading to stress
  - ✿ Computer
  - ✿ Printer
  - ✿ Copier
  - ✿ Office arrangement





# Stress & Relation to Work

- ✿ Students!
  - ✧ Closely related to the stress we feel at work
    - ✿ WHY?
  - ✧ How do you react to students who are stressful to you?
    - ✿ How do you feel physically?
    - ✿ How do you feel mentally?
    - ✿ Do you know that students pick up on this?
  
- ✿ Holmes & Rahe Stress Scale

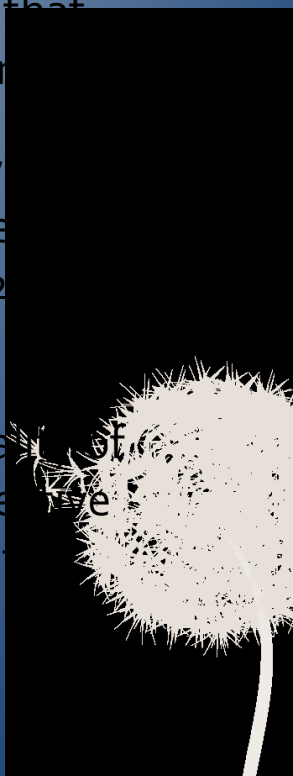




# Stress & Relation to Work

## \* Research

- ✧ Gura, S. (2002). Yoga for stress reduction and injury prevention at work. *Work: A Journal of Prevention, Assessment and Rehabilitation*, 19(1): 3-7.
  - ✧ “Yoga at the workplace is a convenient and practical outlet that improves work performance by relieving tension and job stress.”
- ✧ Smith, C. , Hancock, H. , Blake Mortimer, J. , & Eckert, K. (2007). A randomized comparative trial of yoga and relaxation to reduce anxiety and stress. *Complimentary Therapies in Medicine*, 15(2): 77-83.
  - ✧ “Following the 10 week intervention stress, anxiety and quality of life scores improved over time. Yoga was found to be as effective as relaxation in reducing stress, anxiety and improving health status...”



# Yoga & Stress Reduction

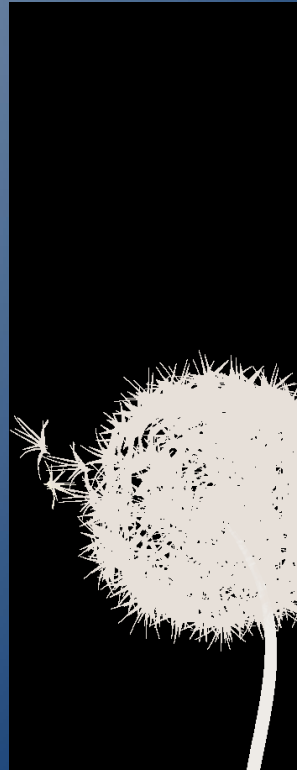
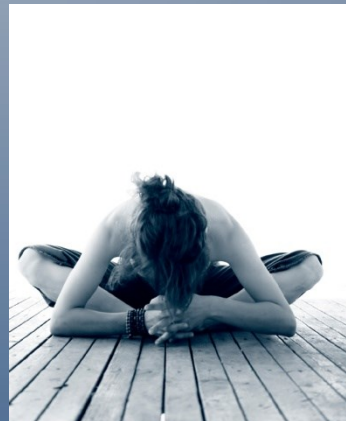
- ✿ What is yoga?
- ✿ Yoga benefits
  - ✧ Controlled breathing
  - ✧ Focus on poses
  - ✧ Detachment from stress
  - ✧ Meditative component
    - ✿ Creates healing



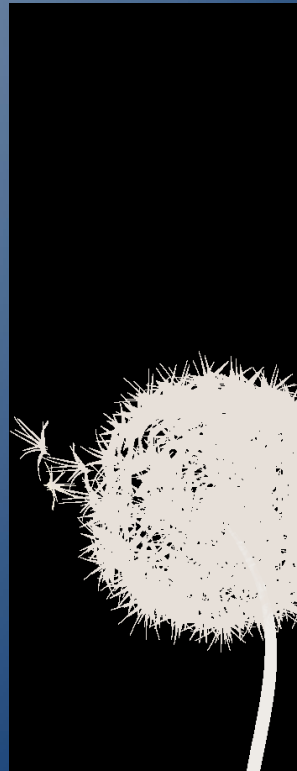
Really?

Yes....

Let's try some yoga and  
meditation...



Questions?



Thank You!



NAMASTE

"The spirit within me honors the spirit within you"

