

A JOURNEY TOWARDS A HAPPIER YOU

Date: 9/18/24

Time: 4:00pm-5:00pm

Facilitator: Alicia K. Watson,OTS Chandler Mahood, OTS, and Emmie Stanifer,OTS

LIFES GOT YA STRESSING? NO WORRIES WE ARE STUDENTS HELPING STUDENTS

This group session will help individuals learn different healthy techniques to address stressful situations as well as improve overall cognitive function with the use of vagus nerve stimulation. The goal is to raise awareness about serious mental health (SMI) issues within our community and effective holistic strategies and techniques we can implement in our daily lives to become a happy healthier version of ourselves.

OCCUPATIONAL THERAPY

Occupational therapy (OT) helps people of all ages participate in the activities they want and need to do through the therapeutic use of everyday activities. The goal of OT is to help individuals achieve independence and improve their quality of life by developing or regaining the skills needed for daily living.

OT can help those with SMI by providing techniques that can help individuals manage stress, which can improve their ability to engage in daily activities.

FEELING CRAFTY?

Origami can be a great activity to take part in when you are feeling stressed and need to relax.

Focusing on a structured activity like origami can help shift your cognitive load away from stress-inducing thoughts and concerns. It provides a mental break from more complex or worrying tasks.

Origami requires concentration and attention to detail, which can help distract your mind from stressors and bring you into the present moment. The process of folding paper can be a form of mindfulness practice, where you are fully engaged in the task at hand.

FEELING ANXIOUS?

Our body tends to become filled with anxiety during stressful situations such as school exams, family stress, job stress, or even just everyday life things. Here is a great exercise to help!

Butterfly Tapping

A yoga mat is the only equipment needed

Place your mat on the ground and get comfortably seated with your eyes closed.

Cross your arms across your chest, like you are giving yourself a great big hug (Good Job! Keep Going!)

Hands should be rested on the shoulders with fingertips visible.

Slowly begin to tap directly beneath your fingertips and allow the force of your fingers to tap the stress away.

Complete these steps as many times as needed for complete relaxation.

Thank you for taking part!

