

Wellbeing Support Services

WARWICK
THE UNIVERSITY OF WARWICK

**World CUR-BCUR Confidence
Building Masterclass**

Aims of the Masterclass

- Importance of wellbeing in managing stress and general wellbeing
- How to deal with high pressure – Before, during and after
- Planning
- How to deal with feedback
- Support

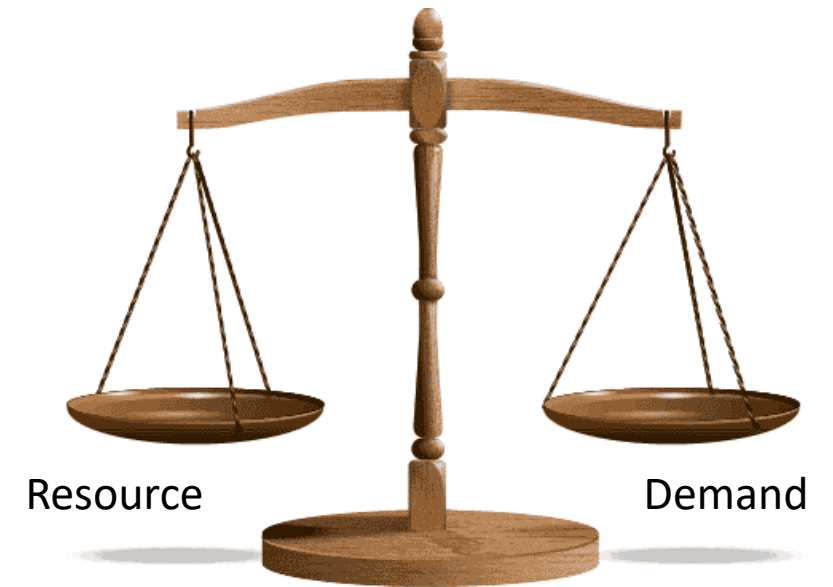


Stress

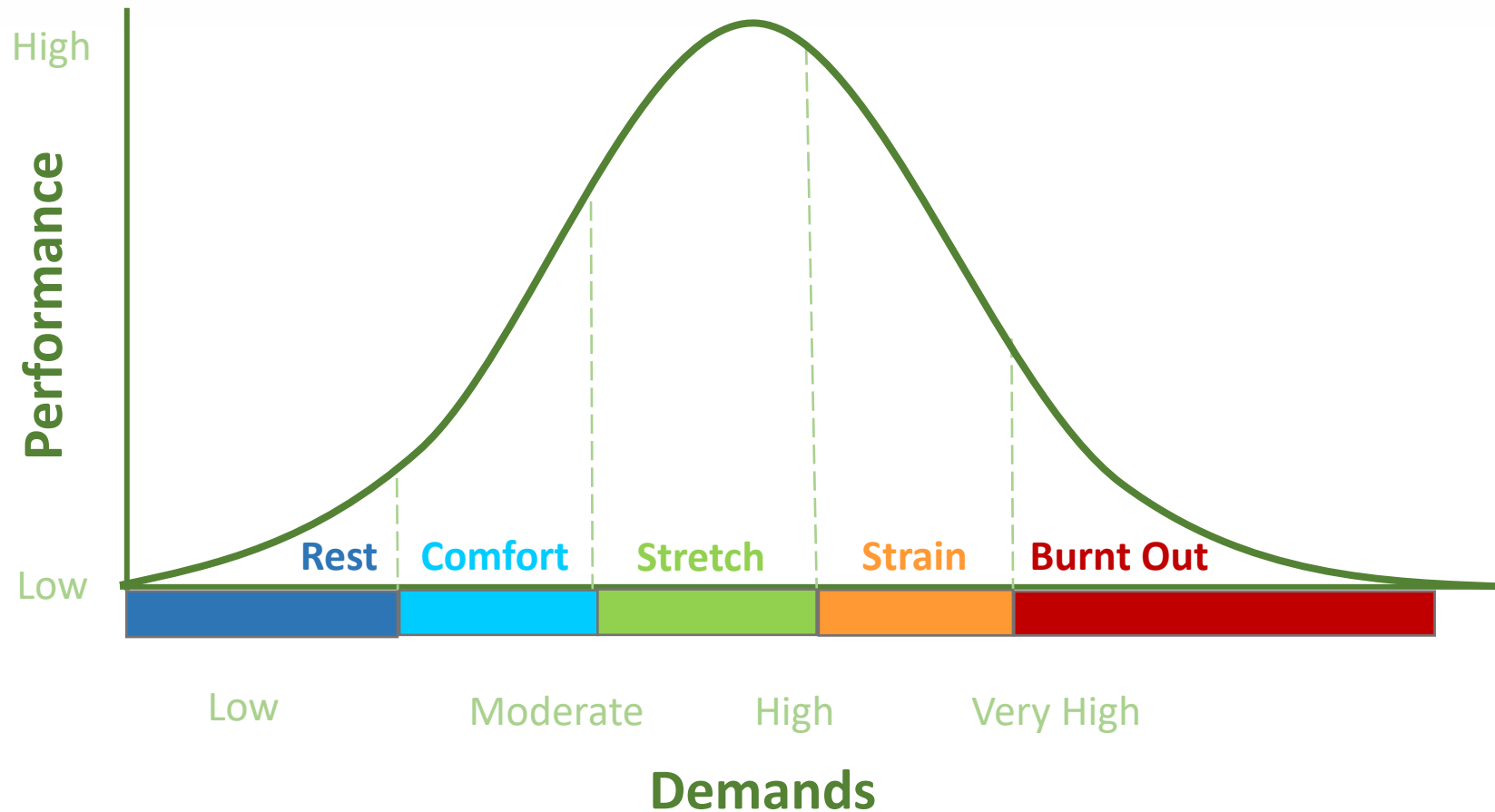
What it does and how to manage it

What is stress? When does it happen?

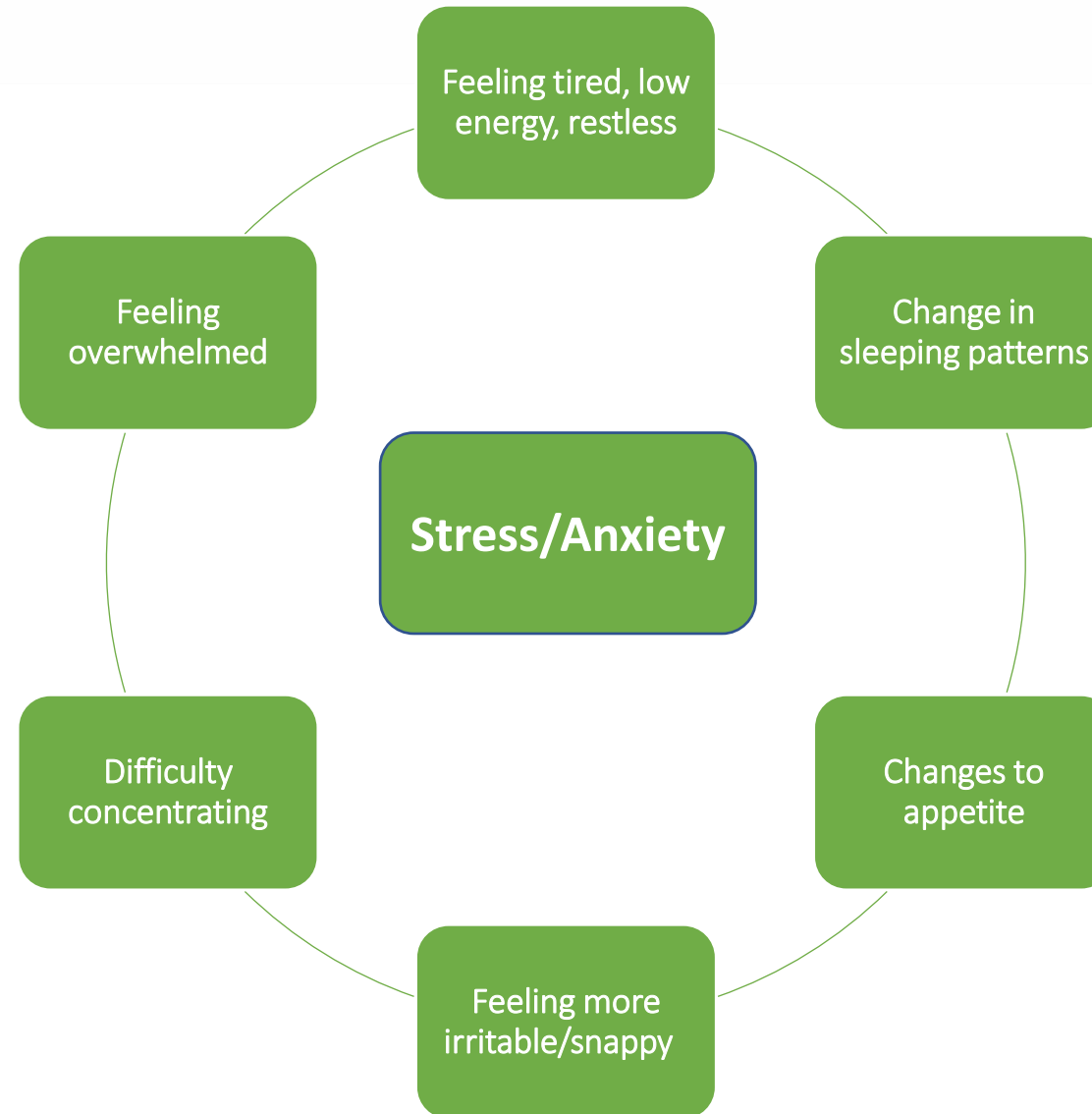
- Stress is a natural reaction to pressures and demands placed on us. Things such as important or a number of deadlines, exams, dissertations.
- Stress can make can impact us physically and emotionally
- We feel stress more acutely as the demands outweigh our resources – when there seems lots to revise and not enough time to do it.
- Stress can be good for us – it can help push and motivate us



The Stress Curve



Impacts of Stress and Anxiety



Strategies to Manage Stress and Anxiety



Remember to look after the basics - Make sure you are getting enough sleep, eating a balanced diet, and getting regular physical activity. These are the basics, but they are important and are often forgotten when we are feeling anxious or stressed.



Focus on your breathing – Breathe in through your nose for 4 seconds, hold for 4 seconds, and exhale through your mouth for 4 seconds. Do this as long as you need to. It will help to physically relax your body, and to calm your mind.



Take some time out – try mindfulness, meditation, reading, going for a walk or listening to a podcast/music. Breaks are just as important as time spent working, otherwise we burn out.

Techniques to Manage Stress and Anxiety



Visualisation

- Close your eyes and take a deep breath
- Imagine a place that feels as calm and as peaceful as possible – a beach, woodland
- Visualise the place in as much detail as possible



Distraction Technique

It can help to distract yourself if you are in a negative thought cycle and you need to move on to help revise or focus on your exam

- Count backwards from 100 in 3's
- Name animals, countries or types of food for each letter of the alphabet



Progressive muscle relaxation

- Sit or lie comfortably, where you will not be interrupted
- Start at your toes and tense just so you notice what it feels like
- Hold this tension for 5 seconds, then release for 5 seconds
- Once you have done this move up your body tensing then relaxing, for example your legs, arms, shoulders until you reach your head.

Conference Tips

Before, during and after

Before

Feeling stressed or anxious before a conference is normal. It is important to take note of how you are feeling and then take positive action is starting point.

Prepare

- Organise your planning notes, final presentations
- If not finalized, create a realistic, manageable timetable
- Practice your presentation to yourself and audience
- Time how long it takes, most of us speed up when nervous!

Calm

- Acknowledge nerves, its natural as its probably the first time you've done this.
- Practice relaxation and calming techniques.
- Acknowledge your strengths and the work you have done. You know your stuff!

Working on assignments, papers, presentation, having deadlines and finding that balance between, study, rest and socialising can be a challenge at times.

Start Now

(Or early if possible)

Prioritise

**Manageable
Chunks**

When is best?

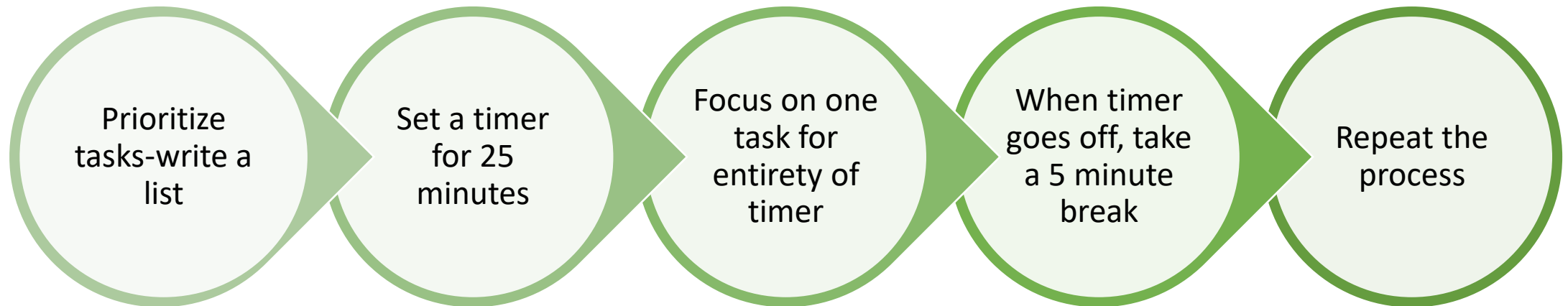
Keep your routine as best you can

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Morning	Jogging			Chill	Walk	Chill	Exercise
	Study		Study	Study			
Afternoon	Break	Study			Study	Study	
	Study	Break		Study		Draw – Paint - Colour	Gym
Evening			Exercise		Call family		
	Seeing friends	Relax		Relax		Cinema	
Comments							

What would you put in your schedule?

- Study time
- Sleep
- Food prep and eating
- Exercise
- Staying connected
- Wellbeing/Relaxation activities
- What else is important to you?

Pomodoro Technique



When you get there

Know that you have prepared, and you are capable of achieving what you have set out to achieve

Prepare

- Ensure all your equipment is ready the night before, notes, Powerpoint etc
- Know where you will be, locate the room, allow plenty of time to find it and set up.
- Think of your wellbeing- Stay hydrated, eat something prior to your slot to aid concentration, wear comfortable clothes.

Calm

- If you notice anxious thoughts, take some deep breaths and try some calming techniques- count down from 100 in 3's
- Have a mantra/personal motto you can tell yourself- 'I am developing this skill, I have prepared, The audience is interested in this topic, not me'.

After

You've done your presentation, now what?

Prepare

- Plan what you will do afterwards; a walk, meet a friend or simply relax. It helps to have a plan to release tension, have a de-brief ?

Calm

- Practice some mindfulness, deep breaths, relief!
- Rest and relax-
- Are you going to go to other's presentations?, if so, clear your mind so you can fully focus.

Managing Feedback

- Don't take it personally, it is an aid to improvement not a personal criticism.

Remember your support network

- Family
- Friends
- Flatmates
- Contact your personal and academic tutors
- Study buddies - same subject/different subject

Online Support and Apps

WARWICK
THE UNIVERSITY OF WARWICK



Questions?

