



# A STUDENT'S GUIDE TO MANAGING STRESS DURING DIFFICULT TIMES



This interactive guide includes strategies and resources that you can follow along with to manage stress and intense feelings during the COVID-19 pandemic.

Just click the icons to access the links!

## DEALING WITH INTENSE FEELINGS

If you're experiencing intense feelings like fear, sadness, or anger, try these strategies! Find an area in your home where you can practice comfortably without too many distractions.



**LISTEN TO YOUR BODY!**  
IF SOMETHING DOESN'T FEEL GOOD, TRY A DIFFERENT STRATEGY.

### INTENSE EXERCISE

When intense feelings become overwhelming, try taking a few seconds to get active. Small 30 second bursts of intense exercise can help reduce intense feelings.



Click the stopwatch for an example of intense exercise

### CALMING BREATH

Breathing is one of the simplest ways to calm ourselves down, but most of us don't actually know how we can use our breath in stressful moments.



Click the emoji to follow a calming breath exercise

### PROGRESSIVE MUSCLE RELAXATION

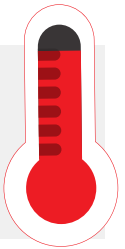
We might experience intense feelings physically, like with tension in our neck or shoulders. Using this strategy can help reduce that physical tension.



Click the fist to follow a progressive muscle relaxation video

## TEMPERATURE SHIFT

Use short exposure to hot or cold temperatures like standing in the rain or a warm bath to help regulate your emotions. The same way our minds can affect our bodies, by changing physical sensations in our bodies, we can positively affect our minds!



## BOOSTING YOUR WELLNESS

You can boost your well-being and prepare for moments of intense emotions. You don't have to be in distress to try these out, you can practice them at any time!

CLICK TO LEARN MORE

### YOGA NIDRA

This isn't your average yoga exercise- It's actually used to help you fall asleep! The audio keeps your mind busy enough to reduce distracting thoughts.



Click the icons for different audios you can use when you're trying to fall asleep

### COMING TO YOUR SENSES

Using your senses is a great way to keep yourself in the present moment. Focus on the sounds or smells around you or how your clothes feel on your body.



Click the icons for short videos that will guide you through each sense

## PRACTICE GRATITUDE



You might be feeling sad about things like not seeing friends or spending the next semester online- and you have every right to feel that way. Practicing gratitude helps us recognize what we have without denying that our difficulties exist.

### THREE GOOD THINGS

No matter how tough things get, there are always moments, small or big, that we can appreciate. The Three Good Things activity can help increase positivity by making us more aware about the good things we have.

- — Take 30 seconds right now to think about three good things that happened to you today.
- — They can be big or small, like FaceTiming a friend or eating your favourite meal. Write them down and try to do this a few times a week!

CLICK FOR WORKSHEET

## EXTRA TIPS

### GET MOVING

Find new ways to keep yourself moving during the day.



Try a free workout with [NTC](#) or use [STRAVA](#) for biking or running challenges with friends.

### KEEP CONNECTED

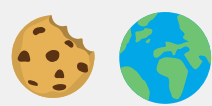
Find fun ways to connect online through websites or apps.



Try using [houseparty](#) to videochat and play games with friends or [netflix party](#) to watch movies together!

### PAY IT FORWARD

Take time to do something for others.



Bake something for a friend and leave it on their doorstep or donate to important causes and organizations.