Stress Management in First Year Students

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Overview: Many first year students, adapting to a new environment, are prone to experience stress, tension and anxiety in their day-to-day life. Anxiety over passing an important exam, learning how to juggle all the activities college has to offer, making new friends, speaking out loud in classes, getting involved in clubs, going on a first date, or interviewing for an on campus job are all reasons to make First Year Students stressed. This FYE session will present different self-care breathing techniques that help students to keep their mind and body stress free so that they can focus on their own growth and involvement within the University community.

Relevance: This is an interactive and experiential workshop that everyone can benefit from, regardless of University position. The point of the workshop is to present one form of self-care techniques to raise awareness about the importance of stress management among first year students.

Using techniques that come from eastern philosophies of peace-building, this session will expose faculty and staff who work with First Year students to these techniques and raise awareness about the importance of stress management among First Year students.

Description: As an International Association for Human Values volunteers, I am dedicated to providing students with a healthy body, a healthy mind and a healthy lifestyle. I do this by offering youth practical tools and life skills to manage stress and emotions. When students learn how to manage their stress in a healthy way, they exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life’s challenges.

Young people face emotional issues such as low self-esteem, depression and anxiety that are a source of great stress, which inhibits learning. Without a healthy alternative, students often turn to unhealthy strategies to cope with these problems including: smoking, alcohol or drugs, aggression and violence, and withdrawal from social interaction. As students learn to reduce stress and manage emotions they gain the ability to focus and perform well academically at school, as well as the ability to build more positive relationships with their peers, parents and teachers.

Healthy Mind
The Healthy Mind module includes stress management and relaxation techniques that encourage a positive mental attitude through:

- Targeted breathing techniques that reduce stress, anger, anxiety and depression; improve focus and concentration; and enhance learning ability
- Relaxation exercises that encourage a calm state of mind
- Experiential processes that revitalize human values such as responsibility, respect, kindness, belonging, honesty, enthusiasm and service

A SIGNIFICANT BODY OF SCIENTIFIC DATA HAS BEEN PUBLISHED IN PEER REVIEW SCIENTIFIC JOURNALS HIGHLIGHTING ENHANCED BRAIN FUNCTION1, HORMONE2, IMMUNE 3 AND CARDIOVASCULAR
SYSTEM4, ALONG WITH REDUCED STRESS2, 5, DEPRESSION6, ANXIETY7 AND PTSD8 AMONG PRACTITIONERS
MORE INFORMATION ON BENEFICIAL EFFECTS OF BREATHING TECHNIQUES CAN BE FOUND HERE: http://www.artofliving.org/us-en/research-sudarshan-kriya

About our Organization

The Art of Living and the our non-profit sister organization, the International Association for human Values, offers a variety of programs to reduce stress and develop leaders so that human values can flourish in people and communities. We foster the daily practice of human values – a sense of connectedness and respect for all people and the natural environment, an attitude of non-violence, and an ethic of social service. Our programs enhance clarity of mind, shift attitudes and behaviors, and develop leaders and communities that are resilient, responsible, and inspired.

We Believe

- All human beings are equal.
- Responsibility and an attitude of selfless service are the foundation of true empowerment.
- Peace, happiness and compassion are the intrinsic nature of human beings.
- Socio-economic development must be built on human values to be sustainable.
- Incorporation of human values into all aspects of life will ultimately lead to a more peaceful, just and sustainable world.

Background

The International Association for Human Values was created in Geneva in 1997 by His Holiness Sri Sri Ravi Shankar as a global platform for humanitarian initiatives that solve problems by uplifting human values.

Through its country organizations and partners, IAHV conducts service projects and raises funds for humanitarian and disaster relief initiatives throughout the world. IAHV is registered in the following countries: France, Germany, United Kingdom, The Netherlands, Denmark, Italy, Norway, Russia, Slovenia, USA, Canada, South Africa, Kenya, India, United Arab Emirates, Australia, and St. Lucia.

IAHV was registered as a 501(c)(3) in the United States in 2000.

IAHV holds special consultative status with the United Nations Economic and Social Council (ECOSOC).

For more information on our programs, you can contact me at klimpel.1@osu.edu

More information on our programs for College Students: http://us.yesplus.org/

More information on Art of Living: http://www.artofliving.org/us-en