

R&E De-Stressing Workshop

- Meeting starts at 6:06 PM
- Campus and community mental health resources
 - Student health and counseling services
 - Livehealthonline.com
 - Community outreach events
 - Personal counseling
 - shcs.ucdavis.edu/counseling-services
 - individual/group/career counseling
 - Each aggie matters
 - CAN counselors
- Immediate mental health resources
 - Mental health acute care services
 - Student health and wellness center
 - Online counseling
 - 24/7
 - shcs.ucdavis.edu/counseling-services
 - Enter code: UCDCOUNSELING for free session
 - 24-hour suicide prevention line
 - 530-756-5000
 - Crisis text line
 - Text RELATE to 741741 for 24/7 counseling
 - Each Aggie Matters offers help to those experiencing stress due to tragedy
- De-stressing tips
 - Exercising, yoga, going on a walk, bike ride
 - Meditate, breathing exercises
 - A quick Netflix break/YouTube break
 - Read a book
 - Find a new hobby
 - paint/draw
 - cook/bake
- Officer tips
 - Rania
 - Take a step back and identify source of stress
 - Figure out if there's anything you can change
 - Take breaks
 - Walks
 - Bike rides
 - Puzzles

- Baking
- Phone calls with friends
- Reading
- Stephanie
 - Think of breaks as productive; rest is important
 - Make lists/use planners
 - Write down everything you need to accomplish
 - Taking things one-by-one
 - Being in study groups or having study sessions with friends can help you feel less isolated and stressed
 - Fav ways to destress
 - Listen to music, take walks, do yoga, draw, bullet journal, cook and eat
- Rida
 - Don't overwhelm yourself by constantly thinking of the next thing you need to do
 - Add relaxing and taking breaks into your schedule
 - Don't have distractions near you when relaxing
 - Try to change the setting of the place you're in
 - If you do all your work in one room, go into another room to relax
 - Common ways to destress
 - Naps, walking, watching YouTube vids, calling friends, reading books
- Jessica
 - Don't be afraid of setbacks
 - Take this as a lesson to be learned and to grow
 - Look back and be proud of how far you've come
 - Everyday or every other day make sure to enjoy a hobby/de-stressing activity for at least 30 min
 - Take a walk, no-electronics break, catch up with friends, cook, bake
 - Make sure you don't burn out
 - Find your own routine
 - Stay organized and make deadlines for yourself: notepad, notion, etc
 - Try another method: Pomodoro technique, listening to white noise
 - Gauge how much load you can take; focus on quality > quantity
- Game: charades
- Meeting ends at 6:42 PM