

Presentation Title::

Incorporating Stress Reduction Activities into the Higher Education Classroom

Primary Track:

Higher Education

Additional Track:

Integrative Health 2

Breakout Abstract/Program Book Listing:

Higher education faculty are stressed out and so are our students! How can we help them, and ourselves, learn to manage stress in a healthy manner, while juggling the demands of a busy classroom? This session will teach faculty how to utilize brief interactive student-led stress management techniques in their classroom that will make class periods more enjoyable, provide students with life-long stress management skills, and leave the students and you less stressed.

Objective 1::

identify how stress impacts their students and the classroom environment.

Objective 2::

Implement a stress reduction assignment in their classroom through using tools they were given.

Objective 3::

Assess how adjusting their classroom slightly can positively impact the stress level of the classroom.

Instructional Level:

Intermediate

Primary Teaching Method:

Lecture with audio/visual (e.g., slide presentation)¹

Additional Teaching Method:

Experiential or Participatory Activity (e.g., practice using a skill)²

Total Score:	31.00
Relevance and Value:	4
Learning Objectives:	4
Teaching Methods:	3
Evidence-based/Best Practices:	5
References:	5

Practical Application: 5

Practical Tools: 5

Please select (1) main track YOU think this session best fits.: Integrative Health/Mind-Body-Spirit

Select one (1) additional sub-track YOU think this session best fits into. If you do not feel it fits into multiple tracks, please select "none.": Worksite Wellness2

Would you recommend this program?: Poster

Please share any additional comments about this proposal:

Awesome information for faculty and all involved in wellness. Stress reduction is a hot topic these days. I recommended a poster showcase, as the research and information is more beneficial than utilizing 1 - 2 hours in divulging research findings and implications. The authors outline has very little active learning opportunities and mostly comprise discussions surrounding their findings. I believe if this were provided to conference attendees and presented during the poster session, it would be a better use of the limited time available for sharing their findings and recommendations.