

A silhouette of a person in a yoga pose, specifically a variation of the Tree Pose (Vrikshasana), with multiple arms raised in various positions. The background is a warm, golden sunset or sunrise sky with soft clouds. In the top left corner, there is a small, colorful logo consisting of four interlocking shapes in blue, red, yellow, and green.

Student Anxiety: How to Introduce Today's Psychology Student to Stress Reduction Through Yoga and Mindfulness

Catherine C. Phelan, M.A.

Houston Community College

European Federation of Psychology Teachers' Association

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Teaching Peace



ANXIETY IN TODAY'S COLLEGE STUDENT

In the most recent Spring 2022 National College Health Assessment (American College Health Association, 2022), more than one in three students (34.60 %) reported being diagnosed with an anxiety disorder (e.g., generalized anxiety disorder, social anxiety disorder, panic disorder, and specific phobia), while 35.10 % of students reported anxiety as an impeding factor to academic performance. (Tan et al., 2024)

A study conducted by Lemay et al. (2019), concluded that students experienced a reduction in stress and anxiety levels after completing a six-week yoga and meditation program preceding final examinations. Results suggest that adopting a mindfulness practice for as little as once per week may reduce stress and anxiety in college students. Administrators should consider including instruction in nonpharmacologic stress and anxiety reduction methods, within curricula in order to support student self-care.

What is Yoga?

Yoga is a mind and body practice that can build strength and flexibility. It may also help manage pain and reduce stress. Various styles of yoga combine physical postures, breathing techniques, and meditation



Let's Breathe!

4 YOGA BREATHING TECHNIQUES FOR BEGINNERS

Reduce Stress & Feel Better

Inhale into the belly

Exhale



Inhale into the belly & ribs

Exhale



Inhale into the ribs & belly + 1 more sip



Exhale Deeply



Inhale deeply through the nose + constrict the back of the throat

Exhale deeply through the nose + constrict the back of the throat



beginneryogaflow.com

Keep Breathing!

Benefits of mindful breathing

- ♥ PROMOTES CREATIVITY
- ♥ BOOSTS IMMUNITY
- ♥ HELPS OVERCOME ADDICTIONS
- ♥ IMPROVE SLEEP
- ♥ IMPROVES SELF-CONFIDENCE
- ♥ REDUCE DEPRESSION
- ♥ DEVELOP OR INCREASE SELF-AWARENESS
- ♥ REDUCE STRESS + ANXIETY



[@Zenichthyology](#)

ALTERNATE NOSTRIL BREATHING

Calm your mind in 2min.
repeat 6-8x

1. Close right nostril with thumb. Breathe in left nostril - 4 count
2. Close left nostril with right ring finger. Close both nostrils - Briefly
3. Open right nostril. Breathe out - 6 count
4. Breathe in right nostril - 4 count
5. Close right nostril with thumb. Close both nostrils - Briefly
6. Open left nostril. Breathe out - 6 count

Visit yogatailor.com/blog for more tips

BENEFITS OF NASAL BREATHING

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH



Increases Oxygen Uptake & Circulation



Supports Deep & Restorative Sleep Quality



Improves Physical and Cognitive Health



Activates Parasympathetic Nervous System (reduces fight or flight)



Lowers Risk of Allergies, Nasal Congestion & Hay Fever



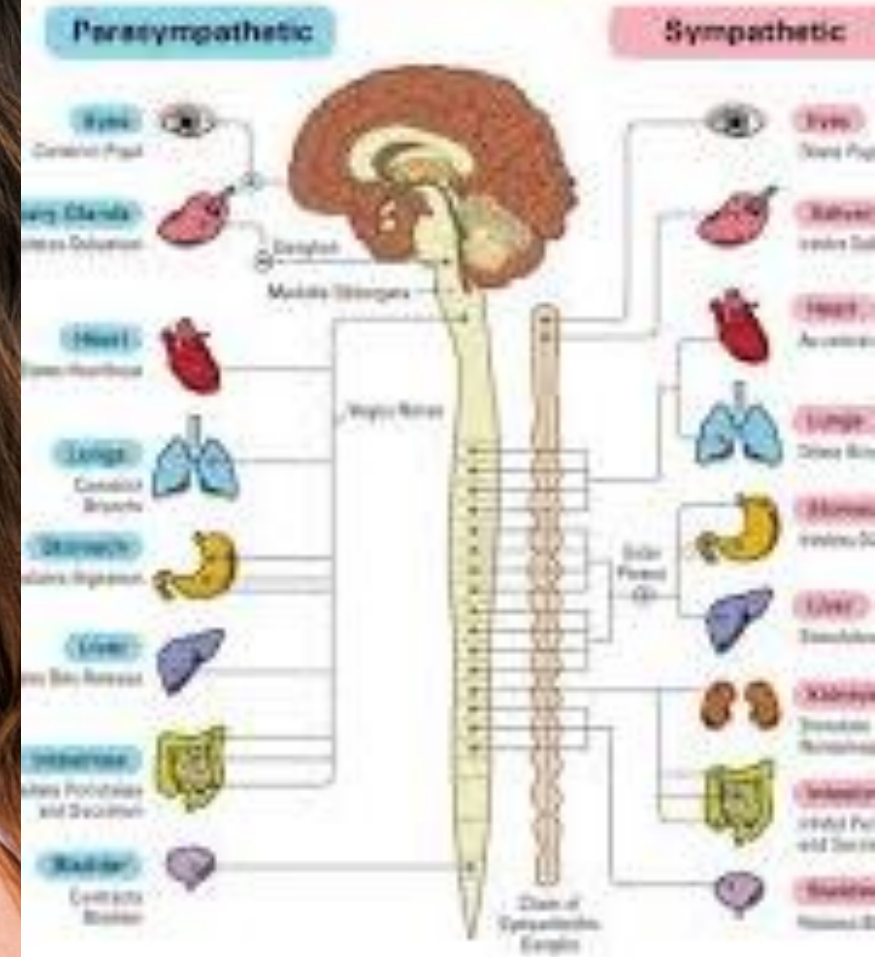
Proper Facial Development in Children



Improves Oral Health



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning



What's Happening In Our CNS When We Practice Yogic Breathing

What is Mindfulness?

Mindfulness means living in the present moment.

Essentially, it means being (intentionally) more aware and awake to each moment and being fully engaged in what is happening in one's surroundings – with acceptance and without judgment.

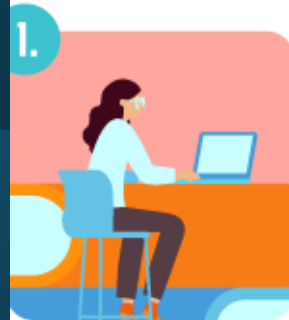
IN.....THE.....NOW



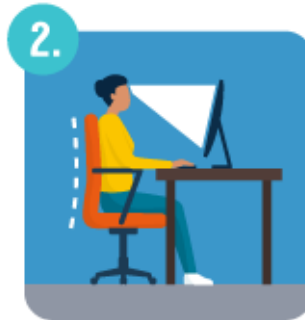


10 TIPS FOR GETTING STARTED WITH MINDFULNESS IN THE CLASSROOM

How to Incorporate Mindfulness in Your Class



1. Create a quiet space in your classroom



2. Pay attention with purpose and curiosity



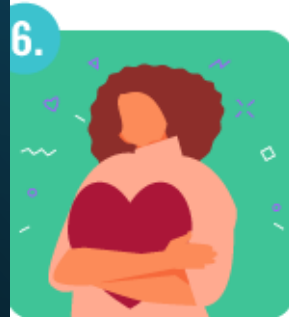
3. Use guided meditation daily



4. Offer caring wishes



5. Practice gratitude



6. Define it



7. Be patient



8. Model it

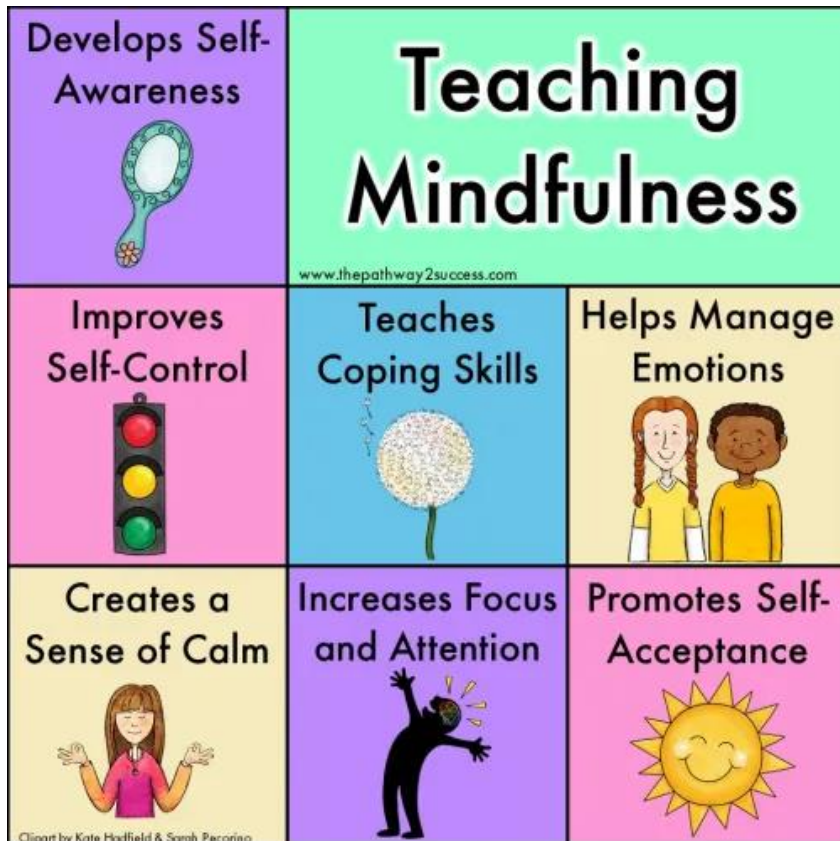


9. Transfer it








10. Model it

Teaching Mindfulness to College Students








THE BENEFITS OF MINDFULNESS

Physical

-  Boost energy levels
-  Improves sleep
-  Reduces chronic pain
-  Improves heart function
-  Helps with digestive problems

Mental

-  Relieves stress
-  Reduces anxiety
-  Improves mood and happiness
-  Boosts concentration and focus
-  Improves self-esteem

S.T.O.P

S.T.O.P. MINDFULNESS TECHNIQUE

Mindful S.T.O.P.

for when you feel stressed or overwhelmed.

Stop

Interrupt your thoughts with the command "stop." Pause what you're doing.



Take deep breaths

Breathe in slowly through the nose, expanding the belly, and exhale slowly



Observe

Observe your body, thoughts, and emotions. How does your body feel? What are you thinking? What emotions are present?



Proceed

Proceed calmly and with intention. What is a wise or helpful decision?



Simple
mindfulness
strategy for
TEACHERS
and students

PDF FORMAT
DIGITAL DOWNLOAD

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