

Wellness Week Videos

Presented by
PLU Counseling, Health & Wellness Services
Created by: Cinthia Hernandez, PsyD



It is our hope that you find this resource useful in your classroom as we have prepared these slides with you in mind. The purpose of this is to extend the learning experience into the classroom in regards to wellness at the petition of students. We hope you are able to take advantage of benefits of practicing coping strategies such as mindfulness with your students.

- Slides are organized by topic and each topic includes several videos you can choose from that are less than 5 minutes long.
- Each slide has a note as a suggestion for an introduction to the video and prompt questions to encourage students to join a conversation about the topic

Notice

- These videos are NOT therapy
- If you feel uncomfortable or triggered in any way, feel free to stop your participation and do what is necessary for you to take care of yourself.
- Please note that none of the videos are perfect, inclusive, or fitting for each individual or class. You can search for similar materials online that are best for you.

Faculty: please talk to your students during this time about what they are allowed (i.e. stepping out of class) to do if they feel triggered or uncomfortable. The counseling center is also available for consultation should you have any questions or concerns. Here are some general questions to use with various topics.

- What was this exercise like for you?
- Did you notice any discomfort and if so, did you try to change it or let it be?
- How might this be useful in your life?
- What might interfere with you putting this into practice?



The word 'stress' is commonly used to mean the overwhelming feeling of anxiety we experience when problems or pressures are just too great and we don't think we can cope.

<https://www.youtube.com/watch?v=FrFYcNFKi3A>

The Stress Bucket

time 1:47

Here are some ways to understand stress and how to relieve it. What do you think the absence of stress is? Answer: it's actually death. Life is full of stress and managing stress can start with changing your perspective.

<https://www.youtube.com/watch?v=bWrZmjNF3Js>

The Stress Container

time 3:05

Here are some ways to understand stress and how to relieve it

https://www.youtube.com/watch?v=hn_pQrMqDoqE

Managing Stress- Brainsmart-BBC

time 2:23

Here are some ways to understand stress and how to relieve it

<https://www.youtube.com/watch?v=GZ9PHsbt-m4>

Progressive Muscle Relaxation for Stress

Time 3:04



- <https://www.youtube.com/watch?v=rCp1l16GCXI>

Responding to Anxiety

"The Struggle Switch" time 3:03

This video demonstrates that anxiety happens to everyone. The more that we try to avoid anxiety the potential for anxiety to worsen increases. However, you can learn to respond to anxiety in a way that allows you to continue living.

<https://www.youtube.com/watch?v=kv6HkipQcfA>

Responding to Anxiety

"The happiness trap: the evolution of the human mind" time 3:37



- <https://www.youtube.com/watch?v=vyxc889gQtY>

Responding to Feelings

"Monsters on a boat" time 4:40

This video demonstrates that feelings are normal and can be paralyzing. However, we can learn to live life with those emotions in order to move towards our goals

- <https://www.youtube.com/watch?v=phbzSNsY8vc>

Responding to Feelings & Thoughts

"Internal Struggles (The Chessboard.
Metaphor)" time 2:36

This entertaining animation illustrates the internal struggles we have with our thoughts and feelings - and how to step out of them.

- <https://www.youtube.com/watch?v=Bu2k0EGXAVo>

Responding to Feelings & Thoughts

"Radio Doom and Gloom" time 4:07

- <https://www.youtube.com/watch?v=VYht-guymF4&list=TLPQMDgwNjIwMjIDs-zCT54RXQ&index=2>

Responding to Feelings & Thoughts

“The Unwelcomed Party Guest” time 4:20

We all experience unwelcomed thoughts and feelings. This metaphor illustrates that regardless of how persistent those thoughts and feelings are we can choose to focus on what is more important to us.

- <https://www.youtube.com/watch?v=00XmmP4psbA>

Responding to Thoughts

"You are not your thoughts" time 4:00

Instead of reacting to intrusive thoughts, try observing your thoughts without judgement



Understanding Mindfulness

<https://www.youtube.com/watch?v=EgXW9bo3uQ>

Mindfulness Myths

time 3:24

<https://www.youtube.com/watch?v=w6T02g5hnT4>

Why Mindfulness is a Superpower

time 2:43

<https://www.youtube.com/watch?v=o-kMJBWk9E0>

Meditation 101: A Beginner's Guide

time 2:00

This video shares basic principles of meditation

• <https://www.youtube.com/watch?v=qQbx2haVfMU>

Missing Out

time 2:53

What might happen if we engaged fully in all of those things we do on autopilot each day?

- <https://www.youtube.com/watch?v=nBPPr1hsbMM>

The Stageshow Metaphor

Time 2:53

This animation explores the ‘observing self’ or ‘observer self’: that part of the mind which we use for awareness, attention, and focus.



Mindfulness Practice

https://www.youtube.com/watch?v=s5ss7V1_eyA

5 minute Mindfulness Meditation

time 5:14

<https://www.youtube.com/watch?v=inpok4MKVLM>

5 minute Meditation you can do anywhere

time 5:14

In just 5 minutes you can reset your day in a positive way.

<https://www.youtube.com/watch?v=30VMIEmA114>

The 5-4-3-2-1 Method

time 4:28

Video 1 time: 3:32

<https://www.youtube.com/watch?v=r1C8hwj5LXw>

Video 2 time: 5:07

<https://www.youtube.com/watch?v=5qM-NBqBTSo>

Leaves on a Stream

Negative thoughts can become a painful and crippling part of depression. Regular mindfulness meditation practice can help us handle strong emotions and negative thoughts so they don't trigger another depressive episode. Flow Neuroscience teaches us how to practice mindfulness from the beginning.

<https://www.youtube.com/watch?v=GZ9PHsbt-m4>

Progressive Muscle Relaxation

Time 3:04



<https://www.youtube.com/watch?v=1Evwgu369Jw>

Brene Brown on Empathy

time 2:53

This video helps us understand empathy and how we can practice it when we are able to connect with our own fragilities

<https://www.youtube.com/watch?v=Xb2awAbmUA>

Sympathy, Empathy, & Compassion

time 2:53

This video helps us understand empathy and how we can practice it when we are able to connect with our own fragilities



How many hours per night do you get of sleep?

How do you think lack of sleep impacts you?

<https://www.youtube.com/watch?v=IzQ2siryQrM>

How Sleep Affects your Brain

time: 1:53

The better you sleep at night, the better your brain will function, and the better you'll feel. Learn about what goes on in the brain while you rest, the negative effects of sleep deprivation, and steps to help ensure a good night's sleep.

https://www.youtube.com/watch?v=t0kACis_dJE

6 tips for Better Sleep| Sleeping with Science TED Series

time: 5:28

Sleep scientist Matt Walker explains how your room temperature, lighting and other easy-to-fix factors can set the stage for a better night's rest.

Additional Sleep videos but are longer:

<https://www.youtube.com/watch?v=wkGWwyrCoRs> (Sleep, anxiety and insomnia: How to fall asleep better when you are anxious

<https://www.youtube.com/watch?v=RGaG-7RoH7w>

Sleep and Mental Health

time: 3:28

Most adults need 7-9 hrs of sleep per night. Not getting enough sleep can lead to poor mental and physical health.



Mental Health and Nutrition

To boost your mental health, **focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon.** Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.

<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health#:~:text=To%20boost%20your%20mental%20health,are%20also%20excellent%20brain%20foods.>

Have you noticed how your energy levels or mood change depending on what you eat?

So which foods cause you to feel so tired after lunch?

Or so restless at night?

<https://www.youtube.com/watch?v=CSHO9VdVRfg&t=10s>

How to Manage your Mood with Food| 8 Tips

Time 3:23

So which foods cause you to feel so tired after lunch?

Or so restless at night?

<https://www.youtube.com/watch?v=xyQY8a-ng6g>

How the Food you Eat Affects your Brain

Time 4:52

When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting effect on the most powerful organ in your body: your brain.

So which foods cause you to feel so tired after lunch?

Or so restless at night?



Additional Resources

Crisis Numbers

If in immediate danger - **call 911**

If you are in crisis and need to talk to a professional immediately,
PLU Crisis Line (253) 535-7075 is available 24/7.

National Suicide and Crisis Lifeline - Dial (or Text) **988**

Crisis Text Line = **text "HELLO" to 741741**

Chat at **988lifeline.org**

Toll Free Crisis Line - **1-877-562-6467**

National Suicide Prevention Hotline - **1-800-273-8255 (TALK)**

Center Against Sexual and Family Violence Hope Line - **915-593-7300**

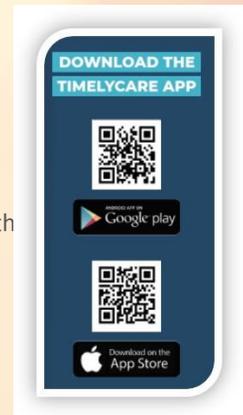
Additional Resources

Lute Telehealth - www.plu.edu/lute-telehealth
or download the TimelyCare App to access free medical and mental health
virtual services 24/7 (students sign in with PLU credentials)

Stop, Think, Breathe - <https://my.life>

Headspace - <https://www.headspace.com/health-covid-19>

Relaxation Room - <https://ccprelaxation.org/video-showcase>



Classroom Use

- These videos are NOT therapy
- Although participation is not required, you will get the most by participating in the practice exercises.
- If you feel uncomfortable or triggered in any way, feel free to stop your participation and do what is necessary for you to take care of yourself .
- To make this a safe space for all participants, we ask that you respect each other.
 - Please don't share information others disclose.
 - Feel free to share with your friends and family the skills you learn here.

Please note that none of the videos are perfect, inclusive, or fitting for each of you. You can search for similar materials online that are best for you

Faculty: please talk to your students during this time about what they are allowed (i.e. stepping out of class) to do if they feel triggered or uncomfortable. The counseling center is also available for consultation should you have any questions or concerns. Here are some general questions to use with various topics.

- What was this exercise like for you?
- Did you notice any discomfort and if so, did you try to change it or let it be?
- How might this be useful in your life?
- What might interfere with you putting this into practice?