

REDUCING STRESS THROUGH MINDFULNESS

Through mindfulness, we can reduce our stress and enhance our well-being. Here are some tips to get started!



ENGAGE IN RELAXATION EXERCISES

We can make use of some follow-along audios on short breathing exercises that can help us relax and be more grounded in the current moment. Scan the QR codes on the left to test it out!



APPLY THE RAIN TECHNIQUE TO HELP NAVIGATE STRESSFUL SITUATIONS

E.g., A math exam



- **R**ecognize when we are experiencing a challenging situation.
E.g., Noticing our signs of stress, which can manifest emotionally (anxious), physically (headaches), in our behaviors (withdrawing from loved ones) and in our thinking (we are "incompetent").
- **A**cknowledge what we are thinking/feeling or allow the situation as it is. Do not avoid, suppress or invalidate how we are thinking, feeling and experiencing.
E.g., Acknowledge that you are feeling stressed and worried, and it is perfectly normal to feel this way.
- **I**nvestigate where these thoughts and feelings are coming from, with kindness and curiosity.
E.g., Getting chided, fear of having to retake the module, and feeling like we have let our parents down.
- **N**on-identify with what is arising, whereby we try to see the situation as it is, without judging and labeling ourselves.
E.g., From "I am useless" to "I scored X previously, I aim to score Y this time by being more prepared."



DO MINDFUL STRETCHING

Mindful stretching has been found to reduce stress and enhance feelings of calmness, comfort, cheerfulness, and even our sleep quality. Here is an example!



TAP INTO RESOURCES

There is a plethora of mindfulness tracks on apps like Calm and Headspace. We can also make use of Youtube for free, guided practices or check out organisations such as Brahm Centre, which offers short, helpful programs and free webinars.

