Managing Stress with relaxation techniques

Stress is a normal, physical and mental response that helps you cope effectively with a situation.

Here are some tips to manage your feelings of stress:

- Manage your time
- Take a break
- It’s OK to say ‘No’
- Use positive self-talk
- Go for a walk/exercise
- Do something you enjoy
- Smile or tell a joke
- Deep breathing
- Practice meditation

Deep Breathing

- Find a comfortable position then close your eyes
- Breathe in and out gently through your nose
- Keep your breathing smooth and regular
- Let any thoughts come and go - bring all your attention to your breath
- Tell yourself to ‘relax’ or ‘calm’

Benefits of Relaxation

- Ability to cope with stress
- Improves concentration, ability to focus, memory and decision-making
- Mood stability
- Contributes to your health and well-being
- Creates calm and peacefulness
Counselling Service

Guided Meditation - Forest

Picture in your mind that you are walking along a path deep in the bush. All around you there are tall gum trees and smaller tree ferns. You can smell the rich dampness of the ground and the earthy smell of new plants. Really see and feel it. You look up and see the sun as it enters the canopy of trees and breaks into rays wafting their way to the ground. You can hear the sound of the wind blowing through the treetops, and the birds and insects as they flitter about. In the distance you can hear the sound of rushing water echoing in the bush. It gets louder as you approach until you reach a mountain stream. You notice how the water is clear and sparkling.

You sit down on a flat rock up against a tree or lie down on a mossy area. You’re looking at the stream as it rushes over and around the rocks and fallen branches and you notice some leaves floating along. The sound of the water rushing by is hypnotic, relaxing you more and more. You draw in the fresh, earthy smell of the air with each breath. You can feel the warmth of the sun on your skin. And you can feel a gentle breeze against your face and ruffling your hair. Taking in the whole scene, you feel very calm and at peace.

Now, retrace your steps along the path and return to the present moment. Stretch, move and open your eyes.

Counselling Service Relaxation Sessions

Take time out and learn to relax by coming along to our free lunchtime relaxation sessions between 12:00 and 1:00pm at:

Preston: Building C, Room 208
Fairfield: Building Q, Room 106
Epping: Building M, Room 207

To make an appointment with a Counsellor, contact Student Services on 9269 1314