AI Acknowledgement

Assist with synthesis from my use of ‘Talk Type’ app lecture notes

Assistance with relevant areas of research relating to themes of behavioural change i.e. peer reviewed studies

Psychology in Practice (ECPS4017)

- Academic poster: ‘Stress & Coping’

TAKE A MOMENT

Campus Coping Tools for Peace of Mind

Studies have shown that university campuses can be extremely stressful places for both staff and students. Amongst the chaos and stress of deadlines, lectures, social pressures, financial concerns and career anxiety, it's often hard to carve out time to focus on our own sense of peace and well being.

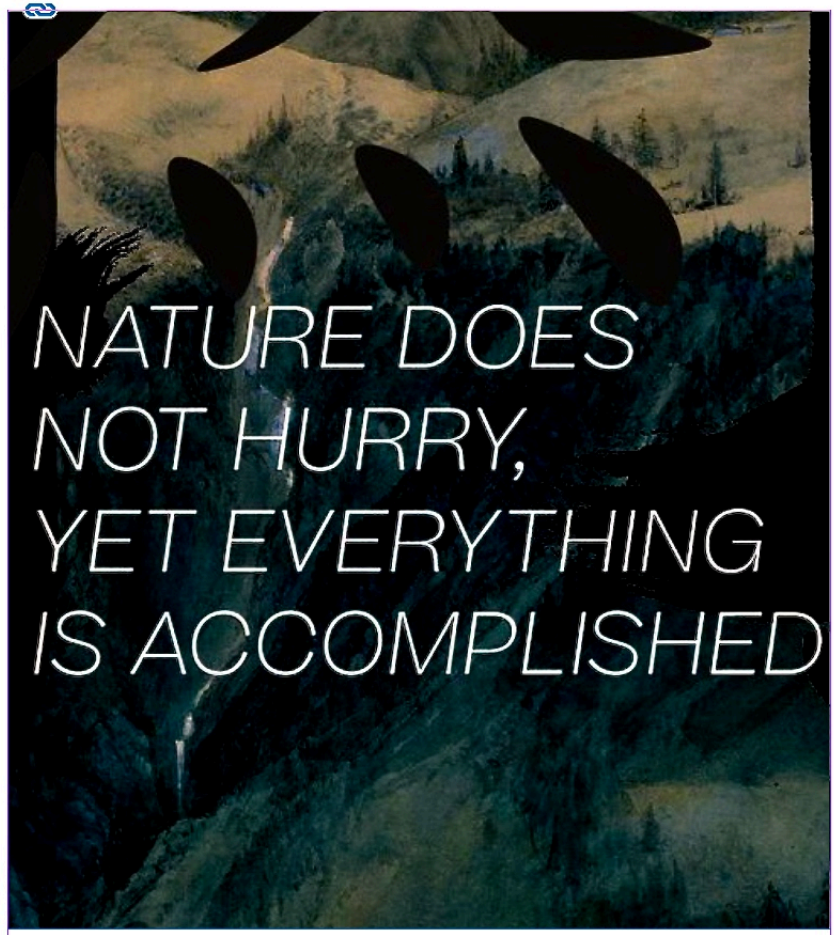
Studies have shown that even the smallest attention to our own sense of wellbeing can have a draatic impact on our productivity, our ability to perform under pressure, the quality of our work, and the enjoyment we derive from pursuing our career goals alongside colleagues and friends who are just as stressed as we are.

This leaflet outlines simple techniques to boost wellness and peace of mind.

STRESS MANAGEMENT

Increase the peace.





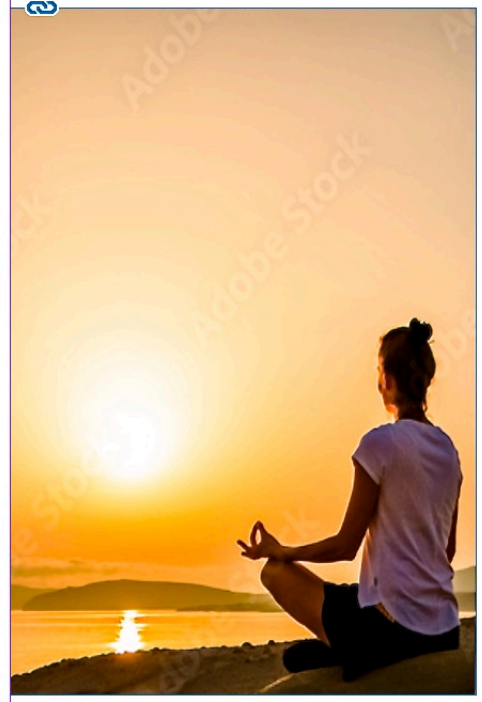
START SMALL, NO TOOLS NEEDED.

Register with our team for some simple mindfulness and meditative techniques that are easily incorpoated in your daily routine.

Join our online groups on Instagram and Tik Tok to share your experiences, see how others benefit, and discuss your progress.

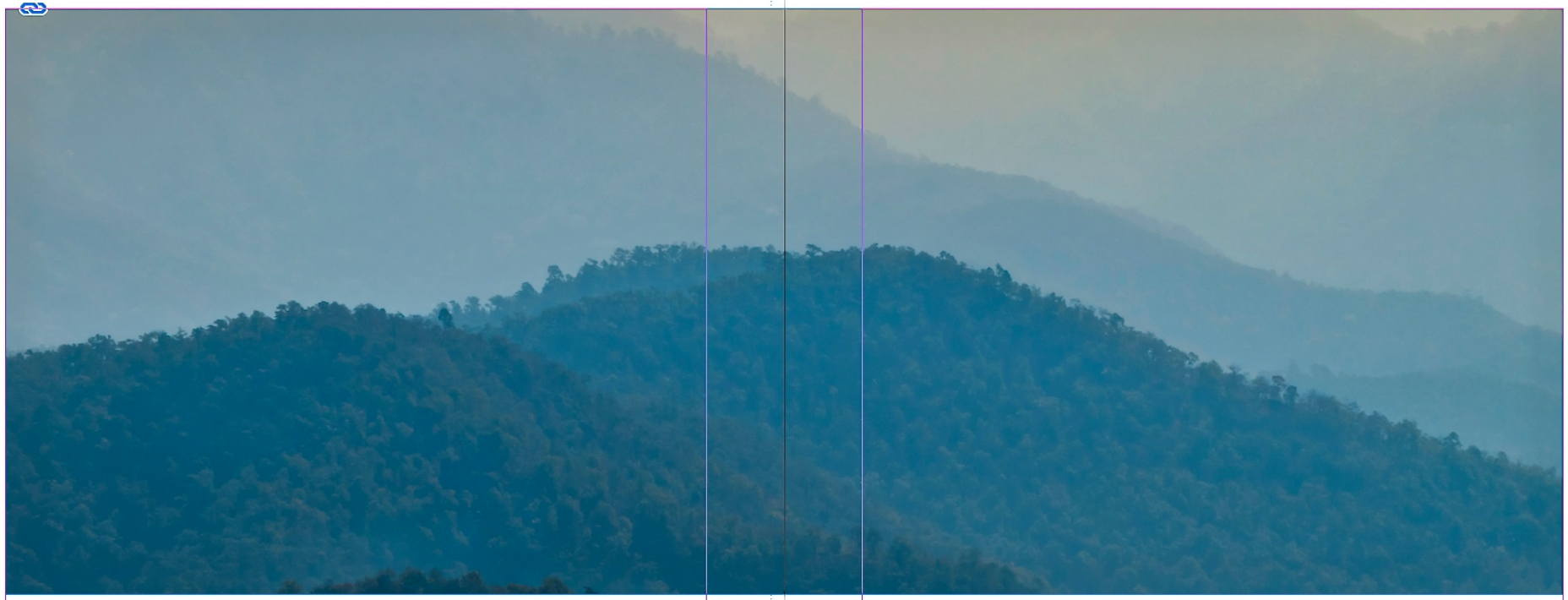
Create a plan together with one of our mindfulness advisors that suits your lifestyle, your schedule and your personailty: every individual possesses unique strengths that can empower their journey into a more peaceful mindset for academic success.

You're not alone in your quest for a more productive, stress reduced approach to your studies: students and university staff on campuses across the globe experience stress as a significant barrier to effective study outcomes, and a general sense of wellbeing. We aim to share our techniques across campuses globally, and we encourage participants to share their stories of success across platforms and campuses alike.



MINDFULNESS AND meditation

At the end of this leaflet you'll find a QR code that will link you to a series of simple meditation techniques, including Yoga based breathing exercises, Chinese Qi Gung and Tai Chi movement and breatihng exercises, that can easily be incorporated into your daily routine, and once mastered, can be done at any moment you may feel overwhelmed, depressed, emotional, isolated or upset.



THE GREAT OUTDOORS

:hug a tree"

NATURE IS THE GREAT HEALER.

Mindfulness can take many forms: at any given moment we can take a time out and simply sit under a tree, give it a hug and imagine it's roots deep in the earth and its branches reaching up to the sun. By emptying our minds even for five seconds, we give ourselves permission to be human, to take that pressure off our own shoulders, and re-apply ourselves to our work.

We are here to help every step of your new journey. As well as providing you with the tools for your path to a less stressful campus life, we have personalised online support available to help you evaluate your progress, and to help you get back on track whenever you need help.

Our mindfulness plans are gentle, suited to your personal experience of campus life, and based on both widely researched stress reduction techniques, and centuries old mindfulness and meditaion techniques.

THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP.



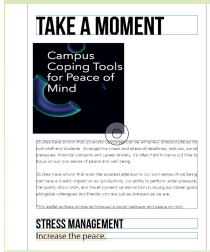
Use the QR code above to contact our team and recevie a starter pack including our basic mindfulness tools for coping with stress on campus, our online support networks and sharing groups via social media, and our personal support for goal setting, ongoing motivational support, and progress evaluation.

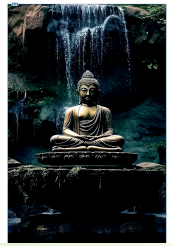
Our online presence shows how significant stress reduction can be achieved with the smallest day to day changes in habit, and there are a wide range of success stories to be seen, as well as stories from brave participants who have been willing to share their struggles with stress and coping with campus life. Come and join us!

And Breathe...

stress and Coping

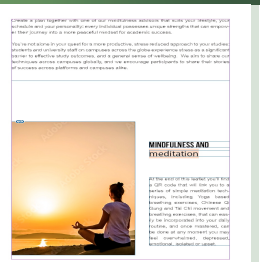
·Stress is a key issue in university campus life, as with any area of education and work. On campus both staff and students regularly experience burnout, mental health issues, depression and anxiety





Target Population

·The target population is both students and teaching staff on campus at UWTSD where stress management is a key function of university life for both groups.
·The theme of wellbeing and mindfulness is a universal and widely acknowledged feature of stress management
The aim is to design a study that has universal appeal across age groups and populations that unifies the university campus under the theme of wellbeing and mindfulness, thus engendering a sense of social cohesion and inclusion, this should work effectively with themes of social prompts for modelling and persuasion.

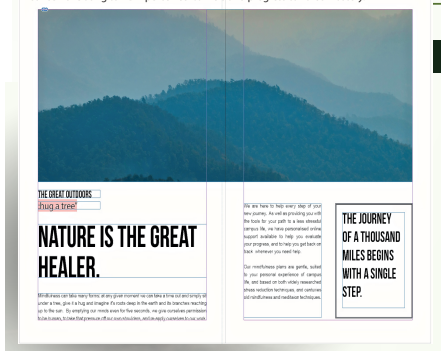


Background / Introduction

37% of first-year students with depression/anxiety symptoms (ONS 2021/2022).
Studies have shown that despite extensive campus initiatives to tackle stress, the available resources have a surprisingly low take-up. This initiative therefore aims to use both Ajzen's Theory of Planned Behaviour (Ajzen, 1991): Attitudes/norms/perceived control predict coping intentions, and Bandura's self efficacy theory (Bandura 1997): aids engagement, facilitates focus, encourages mastery and modelling

Study Design/Approach

·Leaflet is designed to be eye-catching, aesthetically pleasing, induces images of peace and nature, and more importantly aims to build control via easy steps (TPB)
·In line with the above psychological approaches, participants are encouraged to enrole via a QR code, where they will supply their contact details and be supplied with a 'mindfulness tool kit'. This will include a series of mindfulness meditations, breathing exercises, and minor lifestyle changes designed to enhance peace of mind, engagement with nature, and small steps such as journaling.
·The emphasis is on minor changes (i.e. 'start small – HBM) to routine to produce maximal reduction in stress levels and as such, a significant increase in both peace of mind and quality of academic work.
·The QR code will line to: psychometric tests 'before & after'; 'private' bespoke social media accounts on Instagram and Tik Tok that enable sharing and viewing of others' techniques, progress, difficulties and a wider global support network. Participants will be asked to express how their 'toolkits' may have 'helped build confidence','enabled deeper work focus'. Social prompts for modelling will be a key aspect here.
·The QR code will also enable each participant to engage with one to one support with researchers who can help them with their individual journey. This will link to any concerns relating to HBM perceived barriers and progress towards mastery.

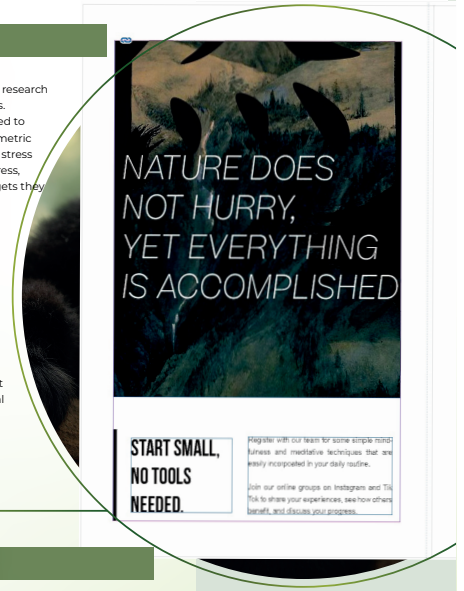


Findings, Evaluation

·A mixture of qualitative and quantitative research methods will be used to evaluate findings.
·On enrolment participants will be required to complete both a before and after psychometric surveys using validated scales (perceived stress scale) detailing their concerns, areas of stress, current issues and emotions, and any targets they have for stress management.

·The social media groups provide a source of shared 'lived experience' where participants upload their thoughts and feelings, their progress, their difficulties, and successes. .

·Once participants have registered via the QR code they receive a dedicated support person (researcher) whom they can contact either via email, online chat, or via the social media apps.



Next Steps

·Any participants who feel that they may need a deeper level of support may be referred to qualified psychotherapists who specialize in CBT or appropriate therapeutic support via official channels should they feel that they need more structured, professional help.





References

See addendum for references.

References

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