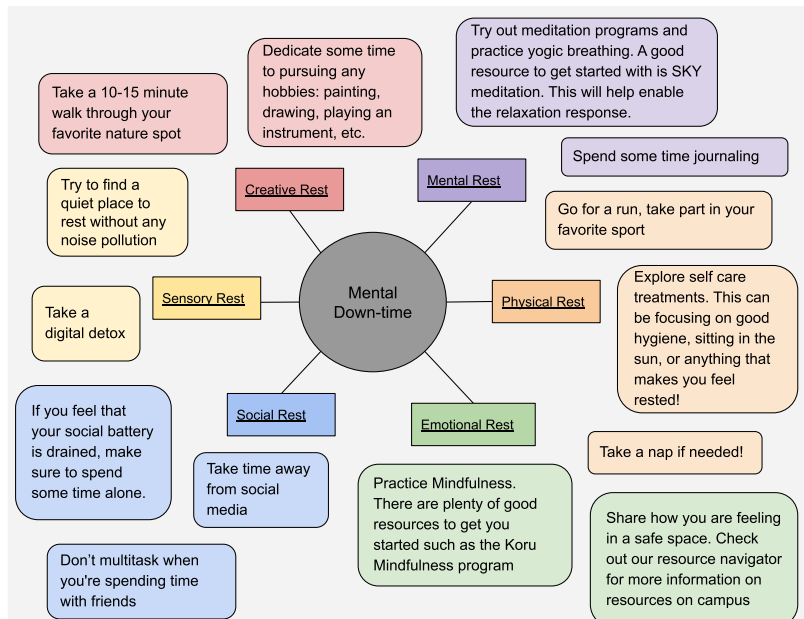


Format for suggestion page (open to suggestions)



Relaxation response

The term "Relaxation Response" was coined by Dr. Herbert Benson, professor, author, cardiologist, and founder of Harvard's Mind/Body Medical Institute. The response is defined as your personal ability to encourage your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain.

The Relaxation Response is essentially the opposite reaction to the "fight or flight" response. According to Dr. Benson, using the Relaxation Response is beneficial, as it counteracts the physiological effects of stress and the fight or flight response. The Relaxation Response is a helpful way to turn off the fight-or-flight response and bring the body back to pre-stress levels.

Research has shown that regular use of the Relaxation Response can help any health problem that is caused or exacerbated by chronic stress such as fibromyalgia, gastrointestinal ailments, insomnia, hypertension, anxiety disorders, and others.

The best time to practice the Relaxation Response is first thing in the morning for 10 to 20 minutes - this is in line with our minimum rest times. Practicing just once or twice daily can be enough to counteract the stress response and bring about deep relaxation and inner peace.

Source: "Dr. Herbert Benson's Relaxation Response." *Psychology Today*, Sussex Publishers, <https://www.psychologytoday.com/us/blog/heart-and-soul-healing/201303/dr-herbert-benson-s-relaxation-response>.

In order to trigger the Relaxation Response, follow the steps below:

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "ONE" silently to yourself. For example, breathe IN---OUT, "ONE": IN...OUT, "ONE": etc. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, merely return to repeating "ONE."

Source: Benson, Herbert. "The Relaxation Response." Brigham and Women's Faulkner Hospital,
<https://www.brighamandwomensfaulkner.org/assets/Faulkner/headache-center/documents/relaxation-response.pdf>.

SUGGESTION PAGE

Overarching ways to spend rest time

"7 types of rest"

Question: Tara wants us to link resources, this may be confusing for students with the resource navigator

Options: have a link for each thing (may be overkill, or anything that is new / may be unfamiliar)

Creative Rest

Take a 10-15 minute walk through your favorite nature spot

Dedicate some time to pursuing any hobbies: painting, drawing, playing an instrument, etc.

Mental Rest

Try out meditation programs and practice yogic breathing. A good resource to get started with is SKY meditation.

- <https://www.popsugar.com/fitness/what-is-sky-breath-meditation-47749815>

Spend some time journaling

Physical Rest

Explore self care treatments. This can be focusing on good hygiene, sitting in the sun, or anything that makes you feel rested!

Take a nap if needed!

Social Rest - this one doesn't seem super relevant

If you feel that your social battery is drained, make sure to spend some time alone.

Don't multitask when you're spending time with friends

Emotional Rest

Share how you are feeling in a safe space. We have plenty of resources on campus for this (Pub resource navigator?)

Practice Mindfulness. There are plenty of good resources to get you started such as the Koru Mindfulness program

- <https://wellness.huhs.harvard.edu/koru-mindfulness>

Sensory rest

Take a digital detox - ADD research

Spiritual rest

Join a faith based organization (again should we include this?)

Resources from Tara

<https://www.frontiersin.org/articles/10.3389/fpubh.2022.906788/full>

Timely Care App

- <https://timely.md/blog/emotional-exhaustion/>

Stress reappraisal

- <https://www.rochester.edu/newscenter/good-stress-response-benefits-488912/>

What exactly is stress reappraisal? - does not seem super relevant

People experience increases in sympathetic arousal—which can be sweaty palms or a faster heartbeat—during stressful situations. Instead of thinking of everything as “bad” stress, stress responses, including the stress arousal, can be beneficial when it comes to psychological, biological, performance, and behavioral outcomes.

Stress reappraisal is not aimed at eliminating or dampening stress. It does not encourage relaxation, but instead focuses on changing the type of stress response: If we believe we have sufficient resources to address the demands we’re presented with—it doesn’t matter if the demands are high—if we think we can handle them, our body is going to respond with the challenge response, which means stress is seen as a challenge, rather than a threat.

Sky Breathing

-<https://www.bidmc.org/about-bidmc/news/2020/07/yogic-breathing-improved-university-student-s-response-to-stress>
<https://www.tandfonline.com/doi/abs/10.1080/07448481.2020.1781867?journalCode=vach20>

Overview:

SKY Meditation is **a unique breath-based technique that uses cyclical, rhythmic patterns of breath to bring the mind and body effortlessly into meditation**. It has been empirically validated and holds distinct advantages over other forms of meditation.

Question: Do we want an overview or a click here to learn more?

Koru Mindfulness

- <https://wellness.huhs.harvard.edu/koru-mindfulness>

Types of rest - ted talk

<https://ideas.ted.com/>

<https://www.betterup.com/blog/types-of-rest>

RESEARCH PAGE

Time Pressure and Health-Related Loss of Productivity in University Students: The Mediating Role of Exhaustion

Being present at work when sick is not just prevalent in employees. Since university is also a demanding context, there is a growing interest in this phenomenon in university students. Especially students with mental health issues show a higher degree of productivity loss. However, little research has examined the causes of these productivity losses—especially in university students. Therefore, we examined health-related (burnout) and non-health-related (time pressure) aspects that lead to productivity losses in the long run.

The effect from time pressure on health-related loss of productivity was examined, mediated by exhaustion. This assumption is in line with the health impairment process proposed by the Study Demands-Resources (SD-R) framework. To examine this assumption properly, a longitudinal study was with three occasions. 392 students were surveyed in three waves over 1 year and performed structural equation modeling (SEM) to confirm the assumptions longitudinally.

Results: In line with our assumptions, time pressure predicted burnout which, in turn, predicted health-related loss of productivity in the long run. Hence—as assumed by the SD-R

framework—burnout serves as a mediator between study demands and negative outcomes such as loss of productivity.

Relaxation response

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In his book, *The Relaxation Response*, Dr. Benson describes the scientific benefits of relaxation, explaining that regular practice of the Relaxation Response can be an effective treatment for a wide range of stress-related disorders.

The Relaxation Response is essentially the opposite reaction to the "fight or flight" response. According to Dr. Benson, using the Relaxation Response is beneficial, as it counteracts the physiological effects of stress and the fight or flight response.

The Relaxation Response is a helpful way to turn off the fight-or-flight response and bring the body back to pre-stress levels. Dr. Benson describes the Relaxation Response as a physical state of deep relaxation which engages the other part of our nervous system—the parasympathetic nervous system. Research has shown that regular use of the Relaxation Response can help any health problem that is caused or exacerbated by chronic stress such as fibromyalgia, gastrointestinal ailments, insomnia, hypertension, anxiety disorders, and others.

The best time to practice the Relaxation Response is first thing in the morning for 10 to 20 minutes - this is in line with our minimum rest times. Practicing just once or twice daily can be enough to counteract the stress response and bring about deep relaxation and inner peace.

In order to trigger the Relaxation Response, follow the steps below:

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. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "ONE" silently to yourself. For example, breathe IN---OUT, "ONE": IN...OUT, "ONE": etc. Breathe easily and naturally.

5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.

6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, merely return to repeating "ONE." With practice, the response should come with little effort. Practice the technique once or twice daily but not within two hours after any meal since the digestive process seems to interfere with the elicitation of the Relaxation Response.

Email.

Subject: Help us test our rest calculator for CAMHS - Survey less than 5 minutes

Hi all,

The ES96 class has been working hard with CAMHS this semester to come up with tools that students can use to improve their mental wellbeing. One of these tools is a rest calculator that helps inform optimal rest times, or mental down times, depending on a student's class and work schedule. We are now in our student- testing phase and would really appreciate it if you could take a few minutes to fill out this survey for us.

Here is the link to the survey:

Thank you,
ES96 class