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Harvard College Mail - Relevant Resources to back your idea



Layla Seaver <laylaseaver@college.harvard.edu>

Relevant Resources to back your idea

6 messages

Cousineau, Tara <tcousineau@huhs.harvard.edu>

Wed, Nov 9, 2022 at 11:36 AM

To: "Serrano-Wu, Ella Maria" <ellaserranowu@college.harvard.edu>, "Seaver, Layla Jeanne" <laylaseaver@college.harvard.edu>

Hi Ladies,

I can't help myself with the research! I love your project.

Time Pressure: Study Demands-Resources (SD-R) framework

Here is an article just on what you are talking about... context.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8112546/>

Introduction: 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.

Obviously, this relates to issue of **Burn Out**, it not just number of hours in concentrated time.

If a student "busts" the rest calculator with e.g. 10, 15, 20 hours or more per day, the "alarm" might signal a "Burn Out Alert!"

<https://hechingerreport.org/burnout-symptoms-increasing-among-college-students/>

Ultimately, you can offer tips for students or connect to resources.

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

These findings suggest that increasing **perceived social support** and student engagement while **decreasing time pressure** and emotional exhaustion may promote mental health among first-year college students.

A recommendation can be for students (with higher academic time pressures) make effort to connect with other students for support and manage time differently.

We now offer the TimelyCare app to students, here is one article on tips (you can create your own):

<https://mail.google.com/mail/u/0/?ik=6fac08f3fd&view=pt&search=all&permthid=thread-f%3A1749037146417519027&simpl=msg-f%3A174903714641...> 1/4

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

Reframing stress. Help students be aware of the stress response/signals and then practice skills to manage it (reappraisal), giving them more agency.

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

<https://news.harvard.edu/gazette/story/2015/10/relaxation-response-proves-positive/>

<https://www.massgeneral.org/news/coronavirus/mind-body-medicine-in-the-time-of-covid-19>

"Humans have the innate capacity to fight the stress response with its opposite—the relaxation response—and it need only be practiced for 10 or so minutes every day to be effective," says BHI founder Herbert Benson, MD.

Benefits of breathing techniques (This semester these program are being offered on campus...)

SKY breathing

<https://www.bidmc.org/about-bidmc/news/2020/07/yogic-breathing-improved-university-students-response-to-stress>

<https://www.tandfonline.com/doi/abs/10.1080/07448481.2020.1781867?journalCode=vach20>

research:

<https://www.skycampushappiness.org/research>

https://calendar.college.harvard.edu/event/introduction_to_sky_meditation

Koru Mindfulness

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

research:

<https://korumindfulness.org/evidence/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4016159/>

<https://student.korumindfulness.org/resources.html>

Tara Cousineau, PhD

(she/hers)

<https://mail.google.com/mail/u/0/?ik=6fac08f3fd&view=pt&search=all&permthid=thread-f%3A1749037146417519027&simpl=msg-f%3A174903714641...> 2/4

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[617.495.2042](#)

Ella Serrano-Wu <ellaserranowu@college.harvard.edu> Wed, Nov 9, 2022 at 12:05 PM
To: "Cousineau, Tara" <tcousineau@huhs.harvard.edu>
Cc: "Seaver, Layla Jeanne" <laylaseaver@college.harvard.edu>

Hi Tara,

Thank you so much for all of these resources, we will be sure to integrate them into our website! We are excited as we move towards the final product and really appreciate your time and guidance with this.

Best,
Ella and Layla
[Quoted text hidden]

Ella Serrano-Wu <ellaserranowu@college.harvard.edu> Mon, Nov 14, 2022 at 11:16 AM
To: "Cousineau, Tara" <tcousineau@huhs.harvard.edu>
Cc: "Seaver, Layla Jeanne" <laylaseaver@college.harvard.edu>

Hi Tara,

As we move into the student testing phase of our project, part of our survey asks student to evaluate their mental health. We plan to do this to be able to analyze a correlation with rest time and student mental health on campus. We weren't sure how to best phrase this question and were wondering if you had any input. Below are possible ways we were considering phrasing the question:

Option 1: On a scale of 1-5 how would you evaluate your mental health?

Option 2: How would you evaluate your mental health? (Multiple choice answers, eg 'Good', 'Fair', 'Bad')

Option 3: Statement: "I think I have good mental health" (Options 'Strongly Agree', 'Agree', 'Disagree', 'Strongly Disagree')

We understand that students evaluating their own mental health can be a bit tricky to gauge, so any guidance you could provide would be appreciated!

Thank you,
Ella and Layla

On Nov 9, 2022, at 11:36 AM, Cousineau, Tara <tcousineau@huhs.harvard.edu> wrote:

[Quoted text hidden]

Layla Seaver <laylaseaver@college.harvard.edu> Mon, Nov 21, 2022 at 10:07 AM
To: "Cousineau, Tara" <tcousineau@huhs.harvard.edu>, Ella Serrano-Wu <ellaserranowu@college.harvard.edu>

Good morning Tara,

I hope you are doing well! Ella and I are currently running a feasibility test on our rest calculator and in the meantime we are combing through the resources you directed us to in order to create a helpful suggestions / research page as

discussed. we really wanted to include the research you mentioned on time taken to enter physiological relaxation state (since it correlated so nicely with our minimum rest time). We can't seem to find this online and we were wondering if you had a specific paper in mind?

Thanks,
Ella and Layla
[Quoted text hidden]

Cousineau, Tara <tcousineau@huhs.harvard.edu> Mon, Nov 21, 2022 at 10:23 AM
To: "Seaver, Layla Jeanne" <laylaseaver@college.harvard.edu>, "Serrano-Wu, Ella Maria" <ellaserranowu@college.harvard.edu>

Hi,

I don't know if there is a specific scientific paper on optimal time to elicit the response, but typically the instructions (and therefore the research on interventions) suggest 10-20 minutes, once or twice a day, using any number of techniques.

<https://www.brigmandwomenfaulkner.org/assets/Faulkner/headache-center/documents/relaxation-response.pdf>

<https://www.apa.org/monitor/2008/10/relaxation>

<https://www.psychologytoday.com/us/blog/heart-and-soul-healing/201303/dr-herbert-benson-s-relaxation-response>

I hope this helps. I think suggesting 10 minutes of quiet calm time for busy college students is a reasonable start.

Tara

Tara Cousineau, PhD
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From: Layla Seaver <laylaseaver@college.harvard.edu>
Sent: Monday, November 21, 2022 10:07 AM
To: Cousineau, Tara <tcousineau@huhs.harvard.edu>; Serrano-Wu, Ella Maria <ellaserranowu@college.harvard.edu>
Subject: Re: Relevant Resources to back your idea

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Layla Seaver <laylaseaver@college.harvard.edu> Mon, Nov 21, 2022 at 10:31 AM
To: "Cousineau, Tara" <tcousineau@huhs.harvard.edu>, Ella Serrano-Wu <ellaserranowu@college.harvard.edu>

Thanks Tara this is super helpful!

Best,
Ella and Layla
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