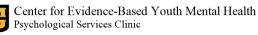


# **Coping with eLearning Stressors**

**University of Missouri** 



Turning Evidence-Based Practice into Everyday Practice



## Relaxation Apps

Smiling Mind
Calm
Three Good Things
Insight Timer
Mindfulness for Children

#### **Chunk Time**

Have a specific amount of time set aside for eLearning and incorporate breaks to allow time for de-stress

#### Resources

Set up a resource sheet. If you come across tech issues, then reference your resource sheet to note who to contact for help. Do the same with content issues with classwork.

# **Reward Yourself**

Incentives can be a fun way to reward your hard work. Set up a system where you create an eLearning goal and then select a reward you want to earn once you reach that goal!

### Reference

Weisz, J. & Bearman, S.K. (2020). Principle-guided psychotherapy for children and adolescents: The FIRST program for behavioral and emotional problems. Guilford Press.

# **Tips for Students to Cope with eLearning Stressors**

Transitioning to online learning can be challenging: tech issues, communication changes, and lack of socialization can lead to heightened stress. Following are several coping skills to help ease the frustration of online learning.

## (1) Be Kind to Yourself

- Change is hard and there have been many changes recently.
   Give yourself time to adjust. When people are stressed, there is a tendency to engage in negative self-talk. Incorporate positive self-talk to promote hope.
  - Ex: I can do this. This is temporary. I am having a hard time right now and will keep trying.

## (2) Mindfulness

- Practice mindful techniques to help ease your mind and stress.
  - Guided Imagery: Close your eyes and picture a peaceful place. Think about what you can see, feel, taste, touch, and hear. Continue deep breathing throughout this exercise
  - Progressive Muscle Relaxation: Close your eyes and squeeze certain muscles and/or body parts for a few seconds and then release, feeling the tension wash away. Continue deep breathing throughout this exercise.

# (3) Problem Solving

- Problem solving can help you brainstorm concrete solutions.
   Follow these simple steps:
  - What is the problem?
  - What are three solutions to the problem?
  - What are the pros and cons of each solution?
  - Select the best solution and try it out!
  - If the problem is still occurring, repeat the problemsolving process

# (4) Mood Boosters

 Incorporate time for fun! Scheduling activities that help you move, get outside, laugh...etc. can help ease stress and boost your mood.





