



Nursing Student Stress Strategies Guide



◆ **Breathwork:**

What? Breathing exercises to bring breathing pattern under conscious control

Why? Taking conscious control of breathing helps to interrupt “fight or flight” cycle

How? Strategies such as ‘box breathing’ (see below), pursed-lip breathing, counting breaths

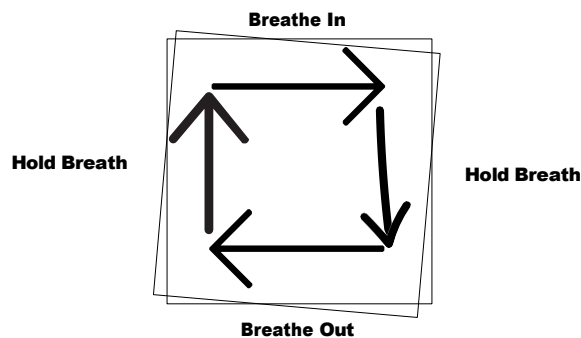
Watch For? Possible risk for those with breathing issues

Box Breathing Example:

What? Breathe In (4 Seconds), Hold Breath (4 Seconds), Breathe Out (4 Seconds), Hold Breath (4 Seconds)

Why? Conscious control of breathing helps to interrupt “fight or flight” cycle

How?



Watch For? Caution for those with impaired breathing

◆ Meeting With Others:

What? Meeting with instructor, tutor, or other students

Why? Instructors may review exams or answer questions, tutors can help to clarify material, other students may help with studying and understanding information

How? Contact information for instructor can be found on the course syllabus, information about tutoring can be found on the Group Site on Blackboard, and study groups

Watch For? Contact instructors and tutors early in course to gain most benefit. Study groups may be helpful, but make sure to work on material consistently



◆ Organization:

What? Keeping due dates and course materials in order and accessible

Why? Having notes and supplies in order may help to reduce feelings of overwhelm

How? Use of a planner or calendar, organizing notes and lab tote supplies

Watch For? Sometimes it may be tempting to organize instead of studying



◆ **Physical Health:**

What? Exercise helps to relieve stress, maintain health, and clear mind

Why? Focusing on activity helps to distract from stress, helps to develop solutions to problems

How? Benefit from any physical activity you enjoy, performed as tolerated, maintaining health also may prevent illness or injury

Watch For? If performed incorrectly, exercise could lead to injury, so please make sure it is something you are familiar with and performed properly



◆ **Mental Health:**

What? Activities to help manage stress and negative thoughts

Why? Activities could include journaling, meditation, breathwork

How? Mental Health Subject Guide: <https://libguides.tri-c.edu/MentalHealth>

Watch For? Please seek further assistance if strategies not helpful

Help is Here website: <http://www.tri-c.edu/helpishere>



Adapted from: Sulzer, J. (2023). *The Effect of Therapeutic Breathwork on Stress Experienced by Associate Degree Nursing Students* [Doctoral dissertation, University of Findlay]. OhioLINK Electronic Theses and Dissertations Center. http://rave.ohiolink.edu/etdc/view?acc_num=findlay1685444525705105