Stress Management - March

Learning Goals

- **Students should be able to live independently**
- **Students should make at least one new friend as a result of living on campus.**
- **Students should be knowledgeable of available campus academic resources.**
- **Students should be knowledgeable of available campus non-academic resources.**

Learning Objectives

- **Residents will be able to explain some strategies for managing stress.**
- **Residents will be able to make connections with other people on campus.**
- **Residents will be able to discuss what resources exist on campus to help manage stress.**

Lesson Duration

- The Month of March

Materials

- Post it Notes
- Coloring Pages
- Crayons
- Chalk
- Tea
- Academic and Non Academic Resource Sheet
- Stress Balls

Activities

- JO SPA DAY
- Positive Notes for People
- Tea and Tabling
- RA Social

Action Plan

1) ***Who is Responsible: Resident Assistants.*** On March 1st- March 31st, the RAs will conduct a social for their community.

2) ***Who is Responsible: Resident Assistants.*** In March, RAs will put up a bulletin board about xyz.

3) ***Who is Responsible: Resident Director.*** On March 4th, an email will go out with some self-care tips. The email will also include "Safe Spring Break messaging," promote positive notes for people and offer an on campus academic resource to help manage stress.

4) ***Who is Responsible: Resident Director and Resident Assistants.*** On March 4th, JO SPA DAY will happen in the JO Community room, a chance for students to relax and pamper themselves before spring break. (Coloring, stress balls, massages, healthy food, etc).

5) ***Who is Responsible: Resident Director.*** On March 18th, an email will go out with more self-care tips, information about positive notes for people and non-academic resources to manage stress.

6) ***Who is Responsible: Resident Director and Resident Assistants.*** On March 19th, we will host an event called "Positive Notes for People." The idea is to leave positive notes all over the JO Complex to remind people they are important and that they matter.

7) ***Who is Responsible: Resident Director.*** On March 25th, an email will go out with more self-care tips, information about positive notes for people and other resources residents can use to help manage stress.

8) ***Who is Responsible: Resident Director and Resident Assistants.*** On March 26th, we will offer hot tea and resources about off campus and on campus academic and non-academic resources for students.