Plan a Campus Stress Relief Event

This handout was designed by Health Promotion to assist UB student leaders to create your own stress relief events. Stress relief events can be as big or small as you wish. Below are suggested activities. You can select one or more of these for your event.

Who can help me to plan my event?

- Health Promotion, office located in 114 Student Union. We offer the following opportunities:
  - Stress Management website [www.buffalo.edu/studentlife/life-on-campus/health/stress-management.html](http://www.buffalo.edu/studentlife/life-on-campus/health/stress-management.html)
  - Stress Survivor Kit for checkout (Health Promotion provides everything you need to present a program/workshop yourself, including outline, program ideas, supplies, and handouts)
  - Giveaways for your program/workshop, like stress balls or aromatherapy lotion
  - Free wellness and stress reduction related handouts
  - Stress relief art activity ideas and worksheets, like coloring pages
  - Large-scale “Chill Out” event in the SU lobby at the end of each semester

Contact Sharlynn Daun-Barnett at sd62@buffalo.edu to help you plan your event.

Submit an online program request for a Stress Survivor Kit: [http://www.buffalo.edu/studentlife/who-we-are/forms/request-a-workshop/health-workshop.do-it-yourself-workshops.html](http://www.buffalo.edu/studentlife/who-we-are/forms/request-a-workshop/health-workshop.do-it-yourself-workshops.html)

What stress relief activities appeal to students?

Activity 1: Dog Therapy

Dogs are fun to be with and provide comfort – just petting a dog can lower blood pressure and anxiety. These guidelines should be followed to host a successful dog therapy event:

- Use only certified therapy dogs – therapy dog teams (dog + human) are covered by insurance from the certifying agency, and the dogs have been thoroughly trained and tested
- Hold event in a central room away from foot traffic so students who are allergic or fearful can avoid the dogs
- Be sure to ask if dogs are allowed in the space you would like to host your event
- Assign a student to be a liaison and have them meet and assist the dog teams during the event

Contact Information: Debbie Braun, SPCA Paws for Love Coordinator, at pawsforlove@yourspca.org. Visits need to be requested in writing at least two weeks in advance. There are not any fees for dog therapy. When requesting therapy dog teams, be sure to let her know:

- Date, time (beginning-end) and specific place (including which campus--north or south--building and room)
- Type of area where the event is being held i.e. classroom, lobby etc.
- Will there be music or loud noises at this event?
- Amount of people you think will attend
- Number of teams requested (a team is one handler and one animal)
- Contact person for event with their email and cell phone
Once this form is received, the information is then sent out to the volunteer teams. The teams will respond directly to the contact person if they are interested in visiting. It is important that you respond to every person that replies, in a timely manner, even if your event is “full.”

Before the visit:
• Reach out to the volunteer and thank them for agreeing to come to your event.
• Ask for their address to send them a parking pass if your event is held when a parking pass is needed. If a parking pass is not needed, please let them know.
• Tell them where it is best for them to park closest to your venue. Remember they are coming with an animal.

Day of visit:
• Have someone meet the teams at the door of the building and take them to the place where your event is at. Remember, the volunteers are normally not familiar with the large UB campus.
• Separate dogs in corners to give them space.

Additional information:
• Dogs need to be on harness/leash at all times, due to insurance regulations.
• There is not to be any dog toys or food.
• If about a week before you don’t have enough teams coming, please let Debbie know and she will resend the information.

Activity 2: Chair Massage
You will need funding to pay for licensed massage therapists to come to your event. Depending on the size of the event and your funding, you could hire one or more massage therapists. Decide how long you would like to have each massage last—5 or 10 minutes each is recommended. Contact Information: Renee Wieberg, cwsg@yahoo.com, Corporate Wellness Services, 126 Lackawanna Avenue, Sloan NY 14212 Cost- $60/hour plus $25 traveling fee –per therapist (minimum of 2 hours for each therapist)
www.buffalochairmassage.com

Activity 3: Yoga and Meditation
Yoga and meditation are mind-body practices that can help students reduce stress, improve sleep, and become more focused. Tara Laurenzi at 716-308-4285 is a certified yoga instructors affiliated with Health Promotion that can facilitate these practices. You could also contact Jessica Nyrop from UB Recreation at jenyrop@buffalo.edu to see if she can schedule yoga instructors for your event. There may be a cost for this.

Activity 4: Arts and Crafts
Artistic expression can free your mind from stressful thoughts and offer a study break. After being focused on a craft, students may feel more relaxed. Some ideas include: coloring pages, creating with Play-doh, water color painting, making stress balls, making your own air fresheners and tie dying shirts. Consult with the Health Promotion office for more ideas.

Activity 5: Quick and Healthy Study Snacks
Our office can provide Healthy Eating handouts for your event via our dietician Janice Cochran at jcochran@buffalo.edu. Below are some suggested healthy snacks:
Vegetables and hummus: Baby-cut carrots, 16 oz. (or other sliced veggies) and family size hummus
Yogurt parfaits: Fresh berries (or other fruit), Low-fat Vanilla Yogurt, 32 oz., and granola cereal for topping