



### Stress Seminar Series

“When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body. You might feel fatigued, unable to concentrate or irritable for no good reason, for example. But [chronic stress](#) causes wear and tear on your body, too.” (Information from <http://www.apa.org/helpcenter/stress.aspx>) Therefore, it's essential to educate both students and employees on the importance of managing stress and how to balance home life with work and school obligations. This budget may include healthy drinks and snacks for audience members, marketing materials as well as a stipend for the group leader.

### How to Implement

- With your wellness committee, establish employee and student interest in a stress seminar series or lunch and learns
- Talk to employees/students to determine the best time for seminars
- Reserve a meeting space
- Find someone who is willing to lead the seminars or show a webinar
  - Psychiatry professor
  - Counselor
  - Ask EAP to send someone
  - <https://platform.cinchcast.com/ses/BY7uzRu7yK0tYHiooyRvfg~~>
  - <http://familyaware.org/programs-overview/register-for-a-free-educational-webinar>
- Create a sign-in sheet to measure participation.
- Talk to managers about providing flexible work times to participate.
- PROMOTE the event through emails and posters
- Additional information on stress can be found through the American Heart Association at:
  - <http://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>

### Tips:

- If your campus has a relaxation room, encourage employees and students to use these facilities when experiencing a migraine
- Encourage employees to use apps such as headspace, Breathe2Relax, Pacifica, GPS for the Soul, Happify, Stress Doctor, Headspace, Personal Zen, My Mood Tracker
  - Consider using funds to subsidize apps that are not free
- Remind managers, employees, and students of trainings to address work stress
  - <https://pshcompass.csod.com/GlobalSearch/search.aspx?s=1&q=stress>Incentivize usage of the room by entering employees for a monthly drawing each time they visit the room.



**Evaluation**

*To assess the impact of the intervention:*

- Track attendance via sign in sheet with name and email address
- Survey employees and students on how they implemented migraine management tips into their practices (30 days out)
  
- Survey individuals on which form of practice they enjoy best (i.e. in person or video)
- Track attendance of relaxation room (if applicable) and see how many people use it to help alleviate migraines



### Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask each session.)**
- Anonymously rate your mental alertness on a scale from 0-10. **(Ask each session.)**
- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good
- How often do you find your work or school load stressful?
  - Always
  - Often
  - Sometimes
  - Hardly ever
  - Never
- What is your biggest barrier to positive mental health? (Check all that apply.)
  - Work stress
  - Micromanagement
  - Home stress
  - Busy schedule
  - Coworkers
  - Relationships outside of work
  - Other
- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?
- How often do you find your work or school load stressful?
  - Always
  - Often
  - Sometimes
  - Hardly ever
  - Never



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- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
  - Never
  - Once a month
  - A few times per month
  - Once a week
  - Multiple times per week
  - Daily
  - N/A or I'd prefer to not answer
  
- How satisfied are you with current wellness programs?
  - Very satisfied
  - Satisfied
  - Neutral
  - Dissatisfied
  - Very dissatisfied
  
- All in all, how satisfied would you say you are with your job?
  - Very satisfied
  - Somewhat satisfied
  - Not too satisfied
  - Not at all satisfied



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# Stress Seminar Sign-In Sheet

Name	Student or Employee?	Email



LionPulse Session Evaluation

Campus: \_\_\_\_\_ Session: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. Was the time of this program convenient for you?
  - a. Yes
  - b. No
  
2. Was the topic of interest?
  - a. Yes
  - b. No
  
3. How often would you attend programs?
  - a. Monthly
  - b. Quarterly
  - c. Not at all
  - d. Other \_\_\_\_\_
  
4. Based on today's experience, will you encourage your colleagues to attend?
  - a. Yes
  - b. No
  
5. Will you make changes in your life based on what you learned today?
  - a. Yes
  - b. No

6. What program topics would you like to see in the future?

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