

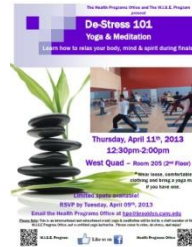
# De-Stress 101 Report

By Veronica Chin Hing (Health Programs/Immunizations Student Aid)

**Date:** Thursday April 11, 2013

**Location:** West Quad – Room 205

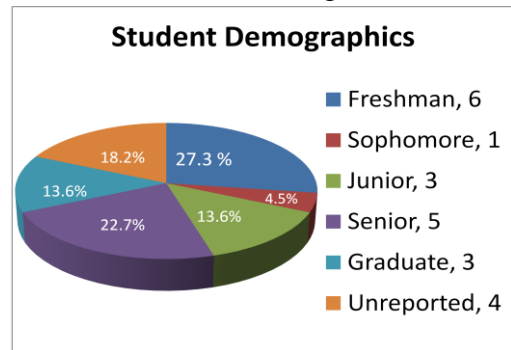
**Time:** 12:30 pm – 2:00pm



## **Overview:**

The De-Stress 101 Workshop was co-sponsored by Brooklyn College's WISE Program and Health Programs Office. Led by Michelle Vargas, a member of the WISE Program, the event featured a yoga segment followed by a meditation segment. With twenty-two attendees, the workshop had a great turnout and provided the opportunity for all participants to take a break and unwind from their fast-paced daily lives.

Ms. Vargas initiated the segment with a mini-questionnaire. She asked participants to introduce themselves by sharing their name, academic major, and reason for attending the workshop. Some majors included Psychology, Communications, and Graduate studies, while some reasons for attending were: "I just love yoga!" and "I'm taking chemistry and I really just need to relax!" She also asked students what stress factors are and what can happen to a person under a lot of stress. Some students said that classes and relationships were stressful, and others felt that work and graduation were the causes of their anxiety. This caused some students to overeat, under-eat, lose sleep, get nauseous, oversleep, etc... Michelle pointed out that stressful things in life can have big changes on our bodies.



After introductions, Ms. Vargas began the yoga segment of the workshop. She started with simple deep-breathing exercises and explained that this would release the toxins that build up in the lungs from short, shallow breathing. The class then moved into *mountain pose* as



depicted in the first picture. This would help to improve posture. The next pose, *palm tree pose*, worked to stretch the belly and shoulders, reduce back ache, and improve digestion. Then the class practiced the *tree pose*, to improve balance. After, Ms. Vargas had attendees practice the *big toe bend*, which worked to stretch the hamstrings and calves, strengthen the thighs, and improve digestion. When the standing positions were completed, Michelle had the Brooklyn College yogis sit down and begin floor exercises, starting with the *butterfly pose*, which stretched the inner thighs and groin area. Next, the yogis practiced poses such as *wide-seated forward bend*, *hero pose*, and *bridge pose*. Many stretches were named after animals such as the *cobra*



*pose*, *cat pose*, *cow pose*, and *downward facing dog*; all of which were practiced during the yoga session of the workshop. Ms. Vargas had said the poses could be done regardless of whether a student was a beginner or an advanced yogi. This proved to be true because everyone in the room really worked up a sweat while working out their daily stresses!

After yoga, Ms. Michelle Vargas had attendees lie down and meditate to the soothing sounds of a guided meditation track. The melodies just melted

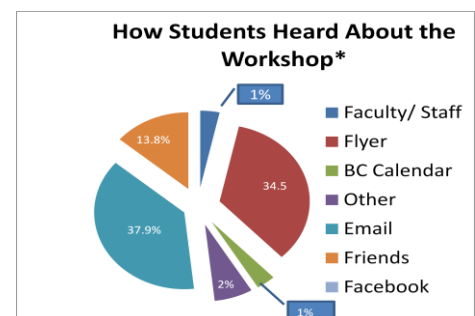


away the last traces of stress that students were feeling. Some even fell asleep, which is good because that shows participants were truly relaxed. Meditation was the perfect way to cool down from the stretching done in the yoga section. A WISE Program assistant handed out the



feedback sheets and water was available to students at the front table. WISE also had small sticky-note booklets for participants.

When asked how they heard about this workshop, some students said they had been attending the sessions since the first one. The majority of students heard of De-Stress 101 through email and flyers. One student said her friend saw her while walking to the West Quad and asked if she'd tag along. Overall, the workshop was a great success that benefitted students' health and wellbeing.



### FEEDBACK CARD ASSESSMENT RESULTS

