

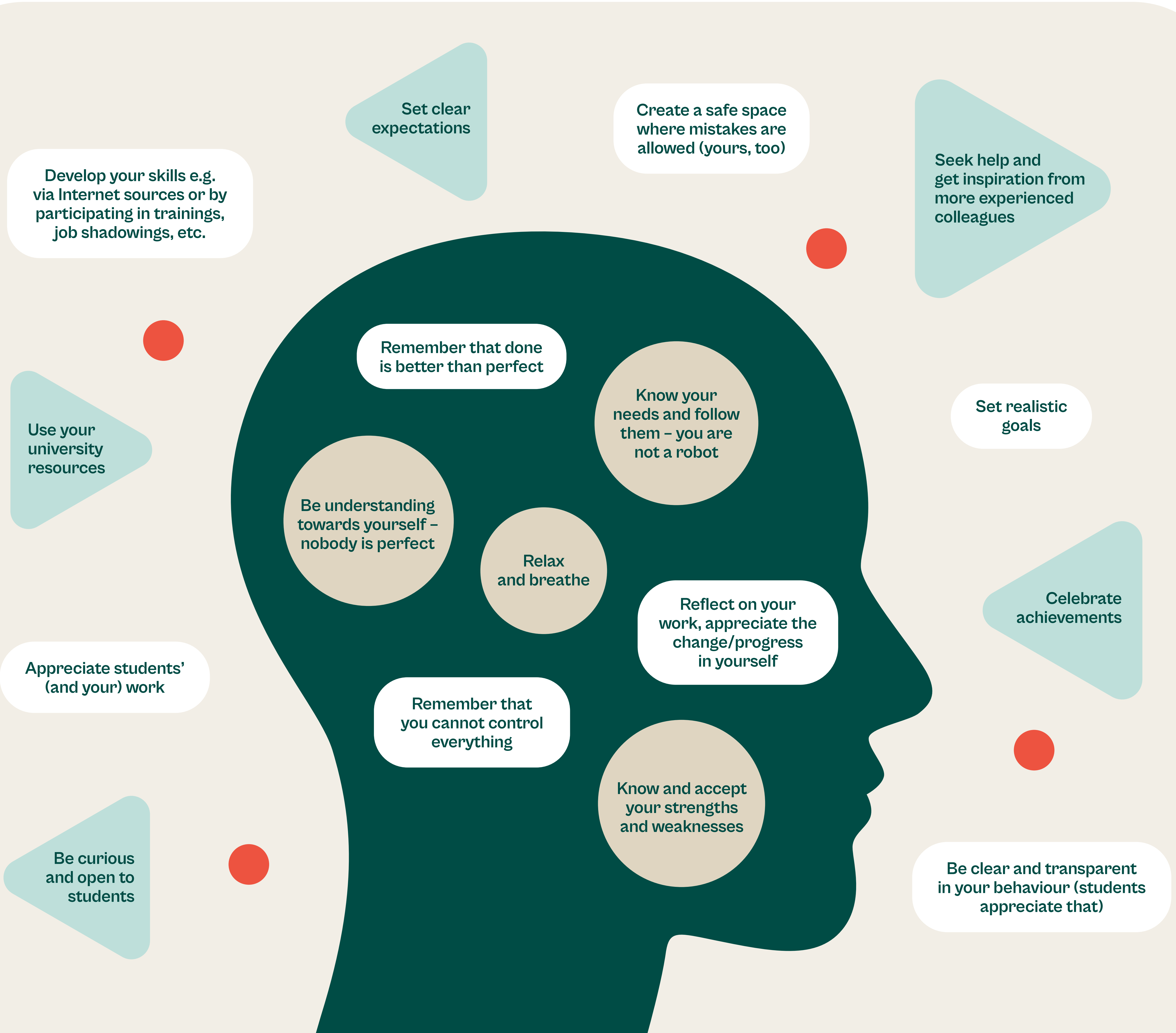
▶ Boost your self-confidence and self-care to support student engagement better

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Tips from and for the university staff



Self-care aid kit

Deep Breathing Exercise helps to quickly calm the mind and the body, immediately reducing feelings of frustration.

- Sit or stand comfortably with your back straight
- Inhale deeply through your nose for a count of four
- Hold your breath for a count of four
- Exhale slowly through your mouth for a count of six
- Repeat 4-5 times until you feel more relaxed

Cognitive Restructuring Exercise aims to change negative thought patterns that lead to frustration.

- Identify the specific thought causing your frustration
- Challenge this thought by questioning its accuracy and looking for rational evidence
- Replace the negative thought with a more positive or realistic one

Example: Change "I can't handle the frustration" to "I'm learning and improving with each attempt"