

Lesley University

DigitalCommons@Lesley

Community of Scholars Day—Posters

3-30-2016

Stress and Student Wellness

Kathryn Van Demark

Follow this and additional works at: https://digitalcommons.lesley.edu/community_of_scholars_posters

Recommended Citation

Van Demark, Kathryn, "Stress and Student Wellness" (2016). *Community of Scholars Day—Posters*. 38.
https://digitalcommons.lesley.edu/community_of_scholars_posters/38

This Book is brought to you for free and open access by DigitalCommons@Lesley. It has been accepted for inclusion in Community of Scholars Day—Posters by an authorized administrator of DigitalCommons@Lesley. For more information, please contact digitalcommons@lesley.edu, cvrattos@lesley.edu.

Stress and Student

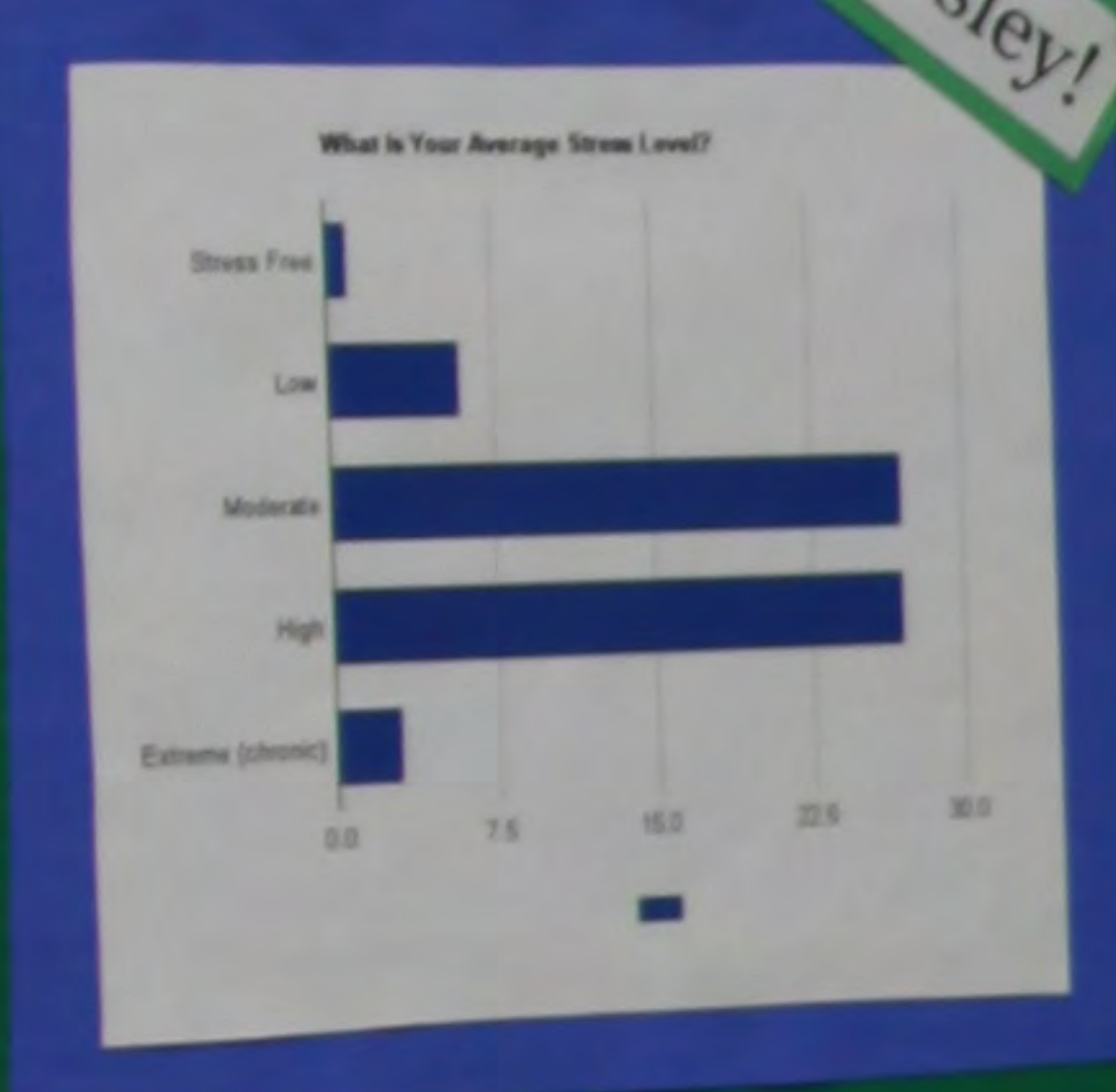
Wellness

Wellness Interventions

About the Student Wellness Project: This research is the product of an Independent Study and Senior Capstone Project by Katherine Van Demark, presented by Jan Weil, Ph.D. The findings presented here are a combination of data from a literature review and original research. This study focuses on the implications of stress on student well-being and the efficacy of holistic stress management interventions. The original research was conducted by Lesley undergraduate students in the Fall of 2018. Informational interviews were conducted with students, faculty, and staff to assess students' needs and use of campus resources. The Student Wellness Project is intended to respond to addressing student wellness needs through the development of on-campus integrative wellness programming.

Stress and Health

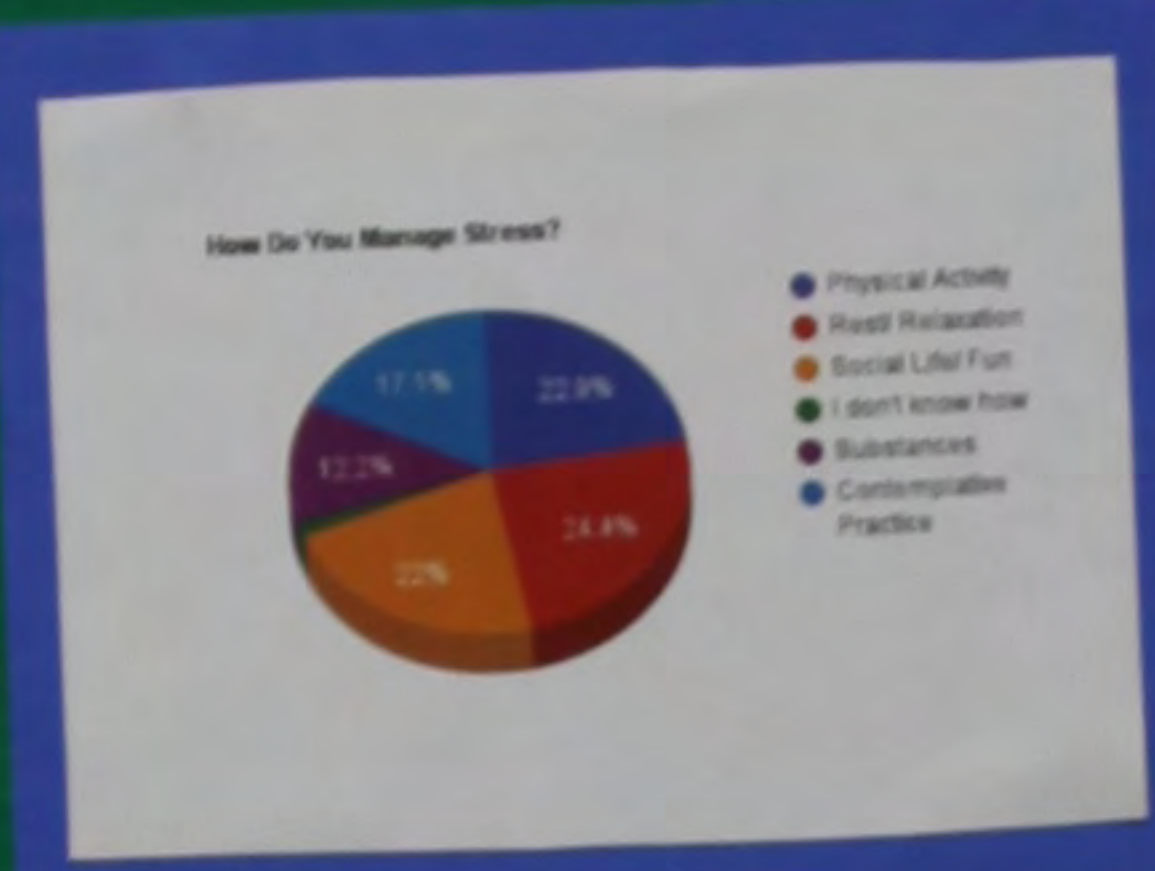
Anxiety and depression are the **top ranking mental health issues in college youth**. High stress can be an underlying factor in the development and prevalence of these conditions.¹



@Lesley!

Students and Stress Management

Emerging adulthood is often when we **solidify lifelong habits**, including stress coping mechanisms.^{4,5}



Did You Know?

Only 19% of college students engage in enough physical activity to meet national guidelines. Low physical activity has been linked to an increased risk of anxiety and depression.²

There is growing evidence that **contemplative practice** is associated with a significant reduction in anxiety and perceived stress among a general college student population.¹



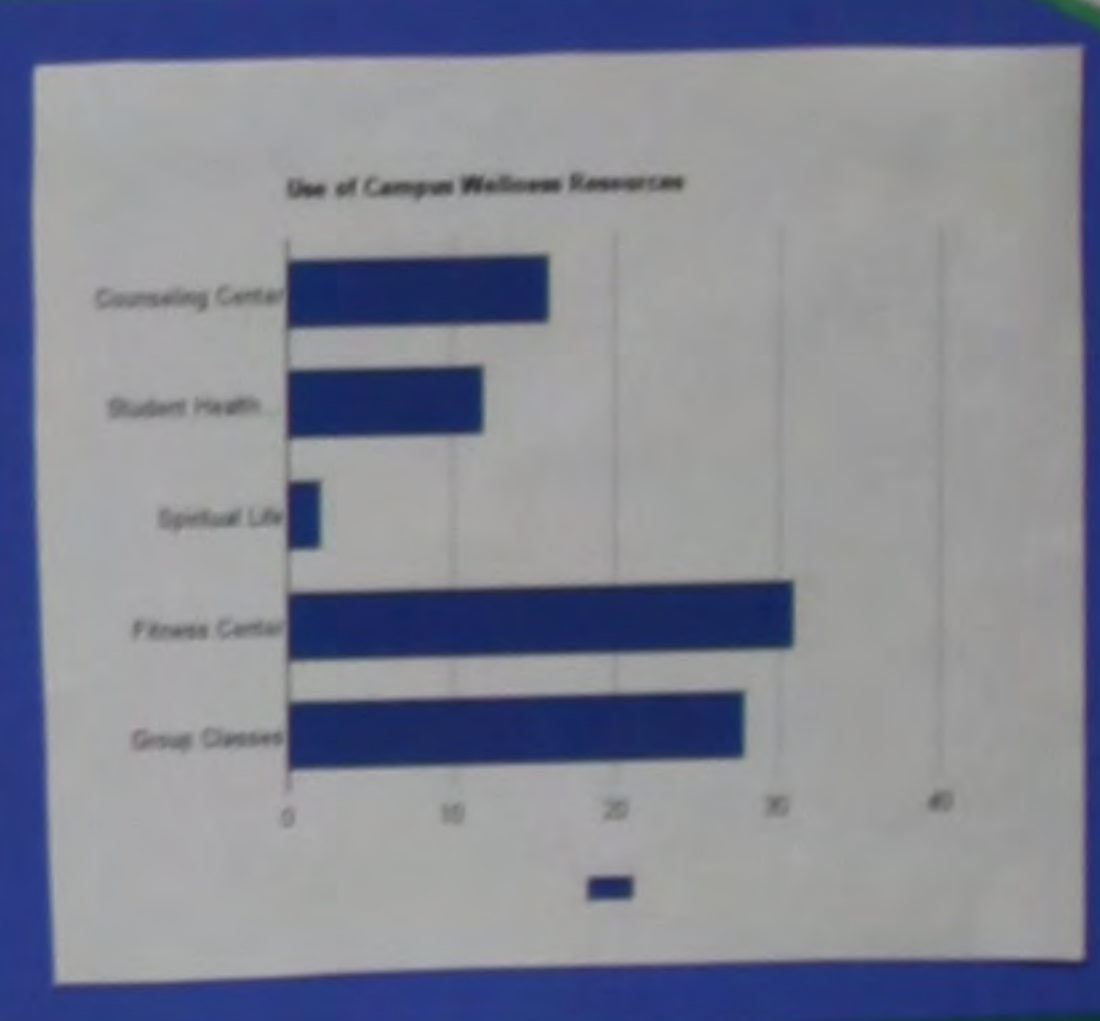
Some of the most effective acute stress management techniques are **exercise, breathwork, meditation and mindfulness**.³

40% of students practicing Yoga at Lesley report doing so for stress management.

92% of students polled at Lesley report experience with anxiety and/or depression compared to 79% in other research.

Chronic stress and ineffective coping mechanisms can impact mental health, cause unhealthy body weight, lead to substance abuse, poor academic performance and low life satisfaction.^{3,4}

Across various studies, approximately **50% of college students** polled report experiencing persistent, high stress and often overwhelming anxiety.^{1,4,5}



Did You Know?

Interventions aimed at Undergraduates featuring **integrative stress management approaches** have proven to raise student retention.⁶

Did You Know?

Studies have shown that stress related mental illness **decreases academic performance** and increases the probability of student drop out.^{3,4}



Student wellness goals: Improved wellbeing 28%, Physical fitness 23%, Stress management 17%

About the Researcher: Katherine Van Demark will be completing her Bachelor of Arts in May. She is a self-designed major through Lesley University's Center for the Adult Learner. She has worked as a Student Health Practitioner and Integrative Wellness Practitioner at Lesley University. She is currently a graduate student at Lesley University.

Survey materials on a table including:

- A survey titled "What's YOUR average stress level?"
- A stack of bright green survey forms.
- A red sign that says "Enter to WIN a gift certificate to [Lesley University] Please take this survey".
- Various pens and pencils.
- A white paper cup with a green leaf logo.

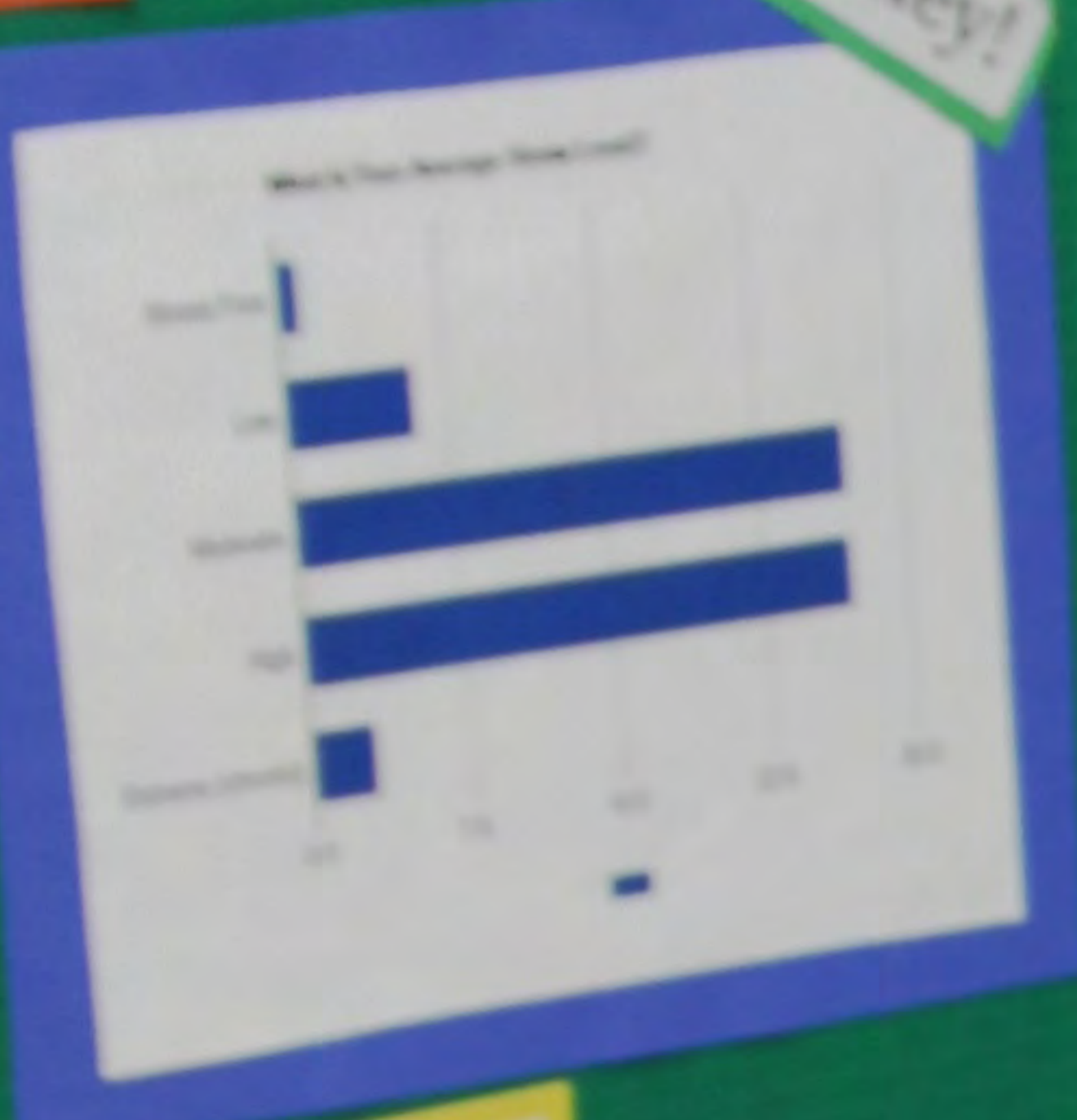
Stress and Student

Wellness

Wellness Interventions

Stress and Health

Anxiety and depression are the top ranking mental health issues in college youth. High stress can be an underlying factor in the development and prevalence of these conditions.



92% of students polled at Lesley report experience with anxiety and/or depression compared to 76% in other research.

Chronic stress and ineffective coping mechanisms can impact mental health, cause unhealthy body weight, lead to substance abuse, poor academic performance, and low life satisfaction.

Did You Know?

Studies have shown that stress related mental illness decreases academic performance and increases the probability of student drop-out.

Students and Stress Management

Emerging adulthood is often when we solidify lifelong habits, including stress coping mechanisms.



Across various studies, approximately 50% of college students polled report experiencing persistent, high stress and often overwhelming anxiety.



Student wellness goals:
Improved wellbeing 28%,
Physical fitness 23%,
Stress management 17%

Did You Know?

Only 19% of college students engage in enough physical activity to meet national guidelines. Low physical activity has been linked to an increased risk of anxiety and depression.



Did You Know?

Some of the most effective acute stress management techniques are exercise, breathwork, meditation and mindfulness.

40% of students practicing Yoga at Lesley report doing so for stress management.

Interventions aimed at undergraduates featuring integrative stress management approaches have proven to raise student retention.



What's YUM?K average stress level?

Stack of green papers for survey distribution.

Enter to WIN a gift certificate to Urban Oats & Organic Cafe. Please take this survey.