

BSMI

Behavioral Stress Management Instruction

<u>Available Modules</u>	<u>Description</u>
Assertive Communication	Learn skills to ask for what you need, to say no, and how to respond in a more effective way.
Improving Concentration	Learn more about how concentration works and strategies for refocusing your concentration on what you choose.
Conversational Skills	Learn ways to initiate, maintain, and end conversations confidently.
Deep Diaphragmatic Breathing	Learn the technique of deep diaphragmatic breathing to calm your mind and body.
Mental Rehearsal	Learn the power of visualization to imagine yourself confidently accomplishing a task or goal.
Mindfulness	Learn the skills to improve focus and increase calm.
Increasing Motivation	Learn to recognize and utilize motivators to help you increase your motivation and succeed in academics, work, and relationships.
Overcoming Procrastination	Learn strategies to increase proactive habits and behaviors.
Overcoming Test Anxiety	Learn skills for reducing anxiety for exams (and performance) and increase coping skills to manage it.
Progressive Muscle Relaxation	Learn how to tense and relax various muscle groups to reduce physical tension and increase relaxation.
Sleep Hygiene	Assess and explore your effective and ineffective sleep habits, and apply new strategies to improve the quality of your sleep.
Time Management	Learn how to set SMART goals to better manage the priorities and demands of being a busy college student.
Visualization	Create a personalized, calming scene that engages your five senses to use when stressed or anxious.

