

Rest & Stress Tools

Strategies for managing your stress through meaningful and intentional rest.

Western  Student Experience Wellness & Well-being



FEELING/DOING THIS?	YOU MIGHT NEED...	WHAT WILL YOU TRY?
Exhaustion Difficulty Focusing Soreness & Tension	PHYSICAL REST Sleep Movement Ergonomics	
Overlooking Details Racing Thoughts Unfocused	MENTAL REST Mindfulness Slowing Down Microbreaks	
Isolated Cynical Drained	SOCIAL REST Boundaries Quality Time Community	
Insomnia & Fatigue Easily Angered Urge to Cry	EMOTIONAL REST Support Expression Sharing	
Headaches Impatience Overstimulated	SENSORY REST Environment Silence Screen Breaks	
Uninspired Doomscrolling Lethargic	CREATIVE REST Play Arts Beauty	
Apathetic Hopeless Unmotivated	SPIRITUAL REST Gratitude Nature Purpose	

ASK YOURSELF:

What do I enjoy doing that can give me this rest?

What activities do I find restful and can commit to doing?



Looking for more support? If you're feeling overwhelmed or would like to talk to someone, support is available through Wellness & Well-Being. Visit uwo.ca/health for more information.

Wheel of Rest

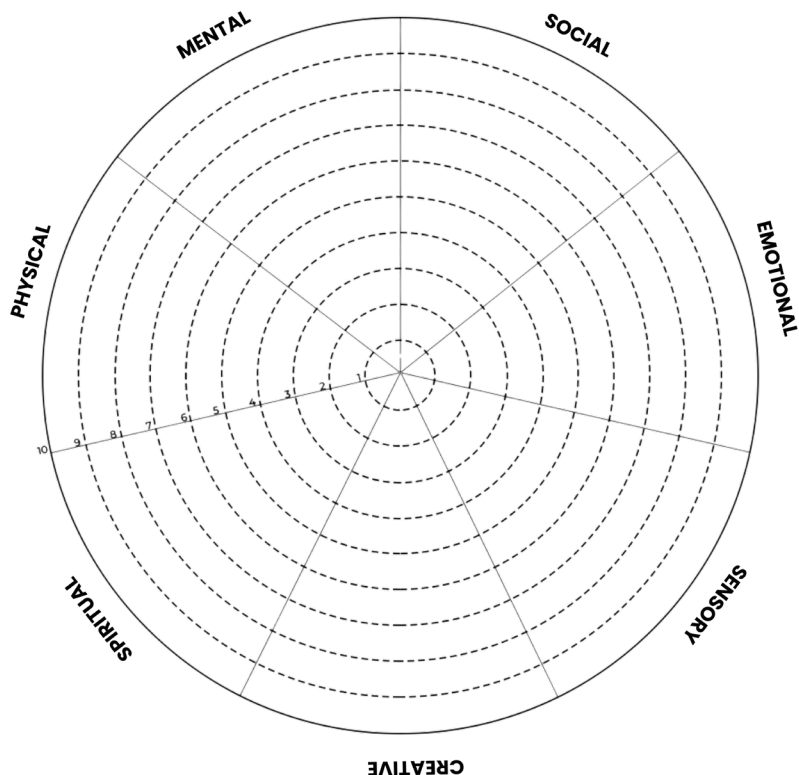
Look at each type of rest on the wheel and give yourself a score from 1 to 10:

1 I'm not getting enough rest in this area.

10 I feel pretty well-rested here.

Shade in each piece of the wheel up to your score.

This helps you see which areas feel full and which feel a bit low.



Rest isn't just sleep - it's anything that helps your brain and body recharge.

To fully recharge, it helps to balance different types of rest rather than relying on one. Adding small, intentional moments of rest into your day can make a big difference (especially during stressful times)!

REFLECT ON YOUR RESULTS:

Which areas feel the lowest? How does that show up for you?

Which areas feel the strongest? How does that help in stressful times?

What's one small thing you could try this week to improve a low score?

Balancing Your Stress Bucket

OVERWHELMED
(OVERFLOWING)

.....

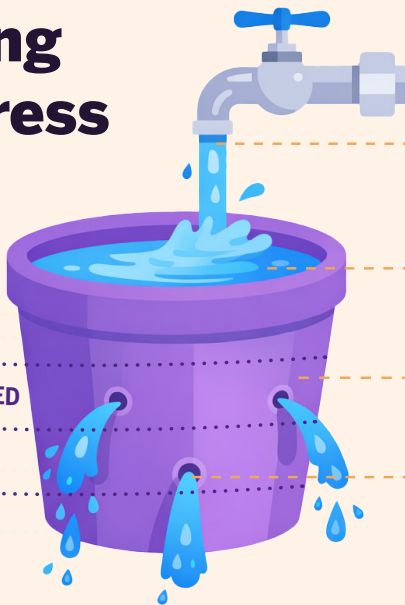
BECOMING STRESSED

.....

COPING WELL

.....

RELAXED



EVERYDAY STRESSORS
Things filling your bucket that may not be in your control.

MAJOR STRESSORS
Events or stressors that cause your bucket to overflow.

PREDISPOSING FACTORS
Things beyond your control that determine the capacity of your bucket.

STRESS RELIEVERS
Things that decrease stress, like holes in a bucket.

Stress is a normal part of life, and it can even help you stay motivated and focused. But when it builds up faster than you can release it, it starts to feel overwhelming.

Stress flows in from everyday things like classes, deadlines, and relationships and your coping strategies act like “holes” that let the pressure drain out.

The goal isn’t to eliminate stress completely, but rather to balance what fills your bucket with what helps it drain.

ASK YOURSELF:	
What's adding to your stress bucket right now? <i>For example, school, social pressures, sleep, money, time, etc.</i>	
How full does your stress bucket feel today? <i>Are you relaxed, coping well, becoming stressed, overwhelmed?</i>	
What “holes” help your stress bucket drain? <i>For example, breaks, talking, rest, hobbies, movement, time away from screens, or whatever works for you.</i>	
Are any of your stress relievers missing lately? <i>Is there something that helps you cope that you haven't had time or energy for?</i>	
What's one small thing you could add this week to help your stress bucket drain? <i>Even 5-10 minutes can make a difference!</i>	
Who are the supports that help you when your stress bucket gets too full? <i>For example, friends, family, a mentor, classmates, TAs, campus supports.</i>	