



Coping with eLearning Stressors

University of Missouri



Center for Evidence-Based Youth Mental Health
Psychological Services Clinic
Turning Evidence-Based Practice into Everyday Practice



Missouri Prevention
Science Institute
University of Missouri

Relaxation Apps

Smiling Mind
Calm
Three Good Things
Insight Timer
Mindfulness for Children

Chunk Time

Have a specific amount of time set aside for eLearning and incorporate breaks to allow time for de-stress

Resources

Set up a resource sheet. If you come across tech issues, then reference your resource sheet to note who to contact for help. Do the same with content issues with classwork.

Reward Yourself

Incentives can be a fun way to reward your hard work. Set up a system where you create an eLearning goal and then select a reward you want to earn once you reach that goal!

Reference

Weisz, J. & Bearman, S.K. (2020). Principle-guided psychotherapy for children and adolescents: The FIRST program for behavioral and emotional problems. Guilford Press.

Tips for Students to Cope with eLearning Stressors

Transitioning to online learning can be challenging: tech issues, communication changes, and lack of socialization can lead to heightened stress. Following are several coping skills to help ease the frustration of online learning.

(1) Be Kind to Yourself

- Change is hard and there have been many changes recently. Give yourself time to adjust. When people are stressed, there is a tendency to engage in negative self-talk. Incorporate positive self-talk to promote hope.
 - Ex: I can do this. This is temporary. I am having a hard time right now and will keep trying.

(2) Mindfulness

- Practice mindful techniques to help ease your mind and stress.
 - Guided Imagery: Close your eyes and picture a peaceful place. Think about what you can see, feel, taste, touch, and hear. Continue deep breathing throughout this exercise
 - Progressive Muscle Relaxation: Close your eyes and squeeze certain muscles and/or body parts for a few seconds and then release, feeling the tension wash away. Continue deep breathing throughout this exercise.

(3) Problem Solving

- Problem solving can help you brainstorm concrete solutions. Follow these simple steps:
 - What is the problem?
 - What are three solutions to the problem?
 - What are the pros and cons of each solution?
 - Select the best solution and try it out!
 - If the problem is still occurring, repeat the problem-solving process

(4) Mood Boosters

- Incorporate time for fun! Scheduling activities that help you move, get outside, laugh...etc. can help ease stress and boost your mood.

