

FOCUS

A Herff Jones Impact Resource For Advisers

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DECEMBER FOCUS: COPING WITH STRESS

STRESS

Yes, being an Activity Adviser is sometimes stressful, but the rewards are great! Actually, many people perform better with a mild degree of stress and tension. Stress can sometimes be beneficial in the following ways:

- ◆ To do a better job
- ◆ To work more energetically
- ◆ To complete a task on time
- ◆ To do better in athletics, auditions, presentations, speeches, job interviews
- ◆ To keep one sharp and focused

Some common coping responses to stress include:

POSITIVE:

- Listen to music
- Play with a pet
- Go out with a friend (shopping, movies, dinner)
- Take a bath/shower
- Write, paint, make something
- Pray, go to church
- Exercise, get outdoors, enjoy nature
- Discuss situation with someone close to you

- Gardening or make home repairs
- Practice deep breathing, meditation or muscle relaxation
- Take a day off from work
- Laugh

NEGATIVE

- Criticize yourself
- Drive too fast
- Chew your fingernails
- Become aggressive
- Eat too much or too little
- Yell at people
- Avoid social contact
- Think that you do a bad job
- Just sit around, don't exercise

Another Stress Buster List

- ❖ Have balance in your life
- ❖ Simplify things in your life
- ❖ Volunteer for a worthy cause
- ❖ Have some quiet time for yourself
- ❖ Eat a varied and balanced diet
- ❖ Exercise
- ❖ Get plenty of rest
- ❖ Don't major in minor things
- ❖ Laugh more
- ❖ Follow what makes you happy



TIPS TO AVOID STRESS

- Set and achieve realistic goals
- Try something new
- Take a good risk
- Learn a new skill
- Be with supportive people
- Give yourself affirmations
- Accept yourself
- Maintain good physical health (exercise, nutrition, sleep)
- Talk to someone who supports you
- LAUGH, LAUGH,



This newsletter is a joint effort of Jackie Burch and Herff Jones, Inc.



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FUNDRAISING IDEAS

Boat Regatta

This is a great activity that will raise some money for your organization as well as being a fun event for spectators. Teams of 2 members can be composed of students, faculty, or community leaders. Sometimes a business will sponsor a boat and then get students to sail it. Set a time, place (swimming pool, stream without too much current, etc.), and the entry fee. Have a registration form for each team with a copy of the rules. At the appointed time, each team receives the same amount of cardboard, duct tape, cloth for sails, and small flat sticks. You decide how much based on the size that you want the boats to be. Have a theme for the event and allow each team to bring paints, stickers, flags, etc. to decorate their boats. The teams all start building the boats at the same time and must finish before the deadline. Have judges select the "most creative" boat and have a prize for it. Before the boats sail have a lifeguard on duty. The object is to sail the boats a designated distance without touching them. Yes, the team members blow into the sail if wind is needed. Have judges here also. Some will make it to the end with ease and some will

barely get started before they sink. The winning boat receives a prize. Spectators can also be charged admission to attend the event. Do this as an annual event and with good publicity it will grow each year.

LEADERSHIP GAMES



CLOTHESPINNING

This is a game that can be played with any size group and it really gets everyone moving. Give everyone in the group six clothespins. Say go and each player tries to pin their clothespins on other players clothing. Each of the six pins must be placed on the clothing of six different people. Players must keep moving to avoid having someone pin a clothespin on them while they are trying to pin others. When they have pinned all of their clothespins they continue to play and must stay in the designated area and try to avoid getting pinned. When time is called the person with the least amount of clothespins attached is the winner.

Another version is to divide the group into pairs and give each person six clothespins. Each person then tries to hang all of his/her clothespins on his/her partner. At the end of the time limit the person with the least clothespins is the winner. The winners continue to pair off until there is a champion clothespinner.

DOMINO

This is a fun game to play and is also fun to watch. It is easy and requires no props. Teams line up single file parallel to each other. There should be the same number of people in each line. Everyone should face toward the front of the line. It works best with a least 20 or so in each line and is great with larger numbers. At the signal, the first person in each line squats, then the next person in line squats all the way down to the end of the line. No one can squat down until the person immediately in front of him/her squats. The last person in line squats down and then quickly stands up again, and in reverse, each person stands up in order, instead of squatting. Again, no one can stand until the person behind him/her stands up. The first team with the person standing in front of the line is the winner. Have the groups try it several times to increase their speed.



Season's greetings
from your friends
at
herff jones



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