

BUILDING RESILIENCE TO STRESS - PART 3

QUICK FIX STRATEGIES

BACKGROUND INFORMATION

Quick Fix Strategies: Strategies that you can use **in moments of high stress**, like when taking an exam.

These are usually strategies that are short and can be done **invisibly**, so we can practice them in the moment without anyone noticing.



QUICK FIX STRATEGIES

STRATEGY #1: CALMING BREATH

STEP 1 **Breathe in through the nose: 4 Seconds**

STEP 2 **Hold: 2 Seconds**

STEP 3 **Breathe out through the mouth: 6 seconds**

STEP 4 **Hold: 2 seconds**



Note that the two important things are to:

First, breathe out for longer than you breathe in

Then, go through all four parts

View the [Calming Breath](#) resource

STRATEGY #2: PROGRESSIVE MUSCLE RELAXATION (PMR)

PMR is a quick three-step process:

1 Tense each muscle group in the body in succession.

2 Hold for about 5-10 seconds.



3 Quickly release the tension and notice how your muscles feel.

View the [PMR](#) resource



Tensing the whole face



Tensing the arms and hands into a fist



Raising our shoulders and tensing our neck



Tensing our torso (incl. abs, back, pelvis)



Tensing our whole upper legs



Tensing our calves and feet



Keep in mind: if you have any physical constraints, focus on the body parts you are able to tense and relax.

STRATEGY #3: GROUNDING



Start by taking your wrist into your hand



Apply firm pressure by squeezing your wrist



Focus your attention on the feeling of pressure from your hand

Work your way up your arm, squeezing your arm from the wrist up to the shoulder. Notice how the squeezing feels as you do this



You then **repeat this on the other arm** keeping focus on the sensations where you are squeezing

View the [Grounding](#) resource

CONTACT INFORMATION



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