


Peter ROUX  
Educational Development & Learning  
Support Center (EDLSC)  
Fall 2021

APU  
Academic Advising

MANAGING  
LIFE WITH  
CULTURAL  
INTELLIGENCE  
&  
MINDFULNESS

## PURPOSE OF THE SESSION

- \*To bring attention to life's issues in a mindful way
- \*To learn a little about cultural intelligence and mindfulness
- \*To learn and practice techniques for wellness





**STRESS CHECK ①**  
**PLEASE RATE YOURSELF & WRITE IN CHAT!**

1~2

3~4

5~6

7~8



1-2: I feel refreshed and healthy both physically and mentally.

3-4: I feel a little tired, but I feel comfortable.

5-6: I feel quite tired, and my body feels heavy.

7-8: I'm tired and I'm doing my best to attend this session. I don't want to talk to people if I can.

## STRESS CHECK ②

WHICH OF THE FOLLOWING IS TRUE THESE DAYS?  
HOW MANY DID YOU CHOOSE? ANSWER IN CHAT IF YOU WANT.

### MENTAL ISSUES

1. I often feel frustrated
2. I'm tired of meeting people
3. Tired eyes
4. I have trouble falling/staying asleep
5. My head does not get a chance to refresh
6. Sometimes I can't get up comfortably in the morning
7. I feel tired as soon as I do something
8. Not motivated / Lose focus easily

### PHYSICAL ISSUES

1. I often catch colds
2. Sometimes my chest hurts
3. My limbs often feel cold (hands, feet, legs, arms)
4. I often develop canker sores (inside mouth)
5. Occasionally have palpitations
6. I lost my appetite OR eat too much
7. I get tired easily

WHAT KIND  
OF STRESSES  
DO YOU  
HAVE?

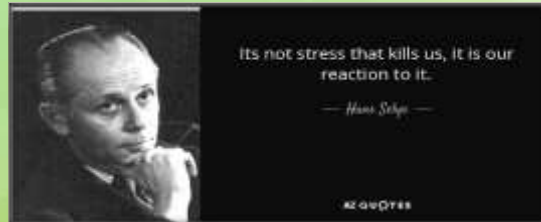
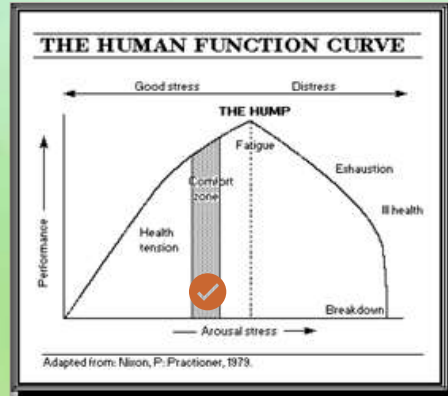
SHARE IF  
YOU WANT!



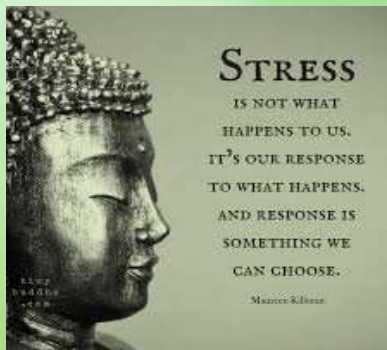
“A BURDEN SHARED IS A BURDEN HALVED”

## A LITTLE ABOUT STRESS

1. Stress response – 3 stages:
2. (1) cause (2) cognition (3) reaction
3. Stimulus activates amygdala and releases hormones, biological system is ready – stress response
4. Cortisol hormone activation **over a long period is damaging** to the heart, can lead to mental difficulties
5. Good stress vs. Distress (bad stress)



## HOW DO YOU REACT TO STRESS?



Are you ①?

- Passive
- Anxious mind
- Careful
- Angry
- Negative
- Doubt yourself

Or ②?

- Active
- Open minded
- Carefree
- Easygoing
- Positive
- Believe in yourself

## HOW TO DEAL WITH STRESS MINDFULLY

1. Avoid the causes of stress - if possible
2. Connect with others and ... Laugh!
3. Connect with others & Get support
4. Movement & Exercise
5. Mindfulness

## EMBRACE THE PRESENT WITH MINDFULNESS.

Four techniques to make you feel calm and focused.



#DeStressMonday

DeStressMonday.org

DE STRESS  
MONDAY



## MANAGING RELATIONSHIPS AT UNIVERSITY

## WHAT IS CULTURAL INTELLIGENCE (CQ)?



“The ability to live, work and function well in a diverse environment”






Why is cQ important?

LET'S TRY  
TO APPLY  
OUR CQ!



A diagram illustrating cultural differences in perception. It features three crickets arranged vertically. The top cricket is labeled 'U.S.A. Pest', the middle one 'China Pet', and the bottom one 'Northern Thailand Appetizer'. Below the crickets is a caption: 'Understanding Different Perspectives &amp; Perceptions'. To the right of the crickets is a speech bubble containing the text: 'Is CQ important? Cultural perceptions matter!'. The entire diagram is set against a light green background.

## OUR BEHAVIORS MATTER ...


	U.S.A. Pest	<b>KILL</b>
	China Pet	<b>CARE</b>
	Northern Thailand Appetizer	<b>EAT</b>

Understanding Different Perspectives & Perceptions

Is ~~C~~ Important?  
Cultural perceptions matter!

What would you do...?

LET'S LEARN: <https://www.youtube.com/watch?v=BQQcTkiDb58>



## LET'S PRACTICE WELLNESS

Breathing  
Chair Yoga  
Energizer



## 4 - 7 - 8 BREATHING TECHNIQUE

**Purpose:** To access (adjust) the autonomic nerves through the breath, leading to a relaxing effect and a good night's sleep (Any position is acceptable)

### **Preparation**

1. Lightly attach the tip of the tongue to the back of the upper front teeth
2. Exhale

### **Implementation method**

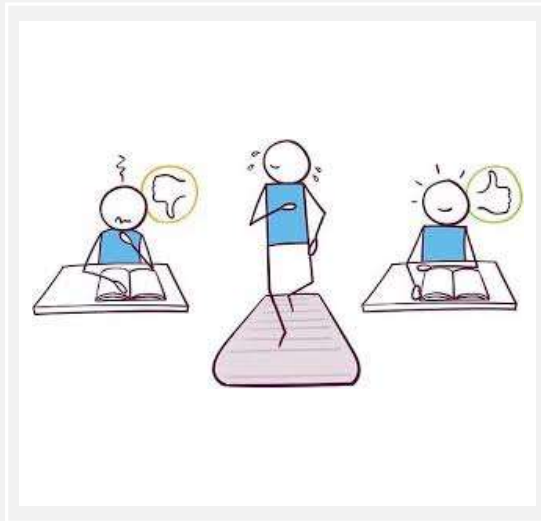
1. Take a big breath through your nose for 4 seconds
2. Hold your breath for 7 seconds
3. Exhale with "huh" over 8 seconds from your mouth

Other techniques:  
<https://www.healthline.com/health/breathing-exercise>

## CHAIR YOGA (10 MIN)

- Suitable for the office and online learning!
- Good for air travel too
- Economy class syndrome
- Combine with breathing
- Focus on head, neck and shoulders, joints, spine, hips & feet.





## ENERGIZER

(10-12 MIN)

### Self-applied energy massage

- Useful in times of stress
- Waking up in the morning
- Refresh during the day
- Uses acupressure points, generates heat and means taking care of yourself

<https://www.youtube.com/watch?v=6WJPSG4eLs>

**TIP:**  
BRING  
RELAXING  
SOUNDS INTO  
YOUR  
ENVIRONMENT

- **If you cannot be outside in nature, bring it inside!**
- **Useful to study**
- **Close your eyes and rest**
- **Before bed**



STRESS CHECK 2– AFTER TODAY'S SESSION  
PLEASE RATE YOURSELF AND TAKE THE POLL!

1~2

3~4

5~6

7~8



1-2: I feel refreshed and healthy both physically and mentally.

3-4: I feel a little tired, but I feel comfortable.

5-6: I feel quite tired, and my body feels heavy.

7-8: I'm tired and I'm doing my best to attend this session. I don't want to talk to people if I can.

TAKE GOOD CARE!  
ANY QUESTIONS?

1. Stress can be the spice of life ... it keeps us moving
2. Take time with, and manage your relationships with others well
3. Use daily mindfulness techniques to look after yourself

\* Please take a short survey

