NURS180 taught me many ways to cope and overcome my stress, as well as improve my overall well-being. My biggest learning throughout this course was about how to deal and limit my stress. More specifically, the many tools that can be used to limit stress. I enjoyed and found it helpful looking at everyone's “self-care toolkits” and seeing the different and unique strategies that my peers came up with. My classmates inspired me to try new methods to cope, such as writing my poetry or taking up scrapbooking as a way to feel ease anxiety. I have found that writing poetry can be easily used as an outlet for dealing with emotions in a rewarding manner. Additionally, I have found that scrapbooking is a mundane activity that is a rewarding way of remembering the special part of life. As I move forward I will try (and want) to incorporate the learnings of these and many other, tools to reduce my stress in everyday life. Having tools to be able to rely on in moments of stress can be very helpful and I have already found how useful it is to know and have these tools available. In the middle of a Pandemic, I have found ways to relieve my uncertainty of the state of our country, thanks to this course and using the tools created by my peers. My favorite part of NURS180 was the meditation we participated in during class and online classes. Before taking this course, I had tried meditating a few times on my own but didn’t find it as a helpful source to limit my stress, and honestly didn’t give it enough of a try. However, I have learned how helpful meditation truly can be in times of confusion and worry. When in moments of being overwhelmed it is hard to be grounded and see the “big picture” of life. Meditation is a valuable way to feel relaxed and less overwhelmed, and without
NURS180 I would not be aware of how helpful it truly this source to reduce stress is. Most of my mornings are spent partaking in a short meditation, and every time I do this, I feel my day has been improved. Meditation is a tool that is so easily accessible online through Spotify or YouTube, yet it is so easily forgotten about by most people. I have found it has brought balance to a life full of chaos. When focusing on my breathing I forget about all the other things going on in my life. Meditation allows me to feel at full peace for a short time, every day. I am grateful for this learning and fully attribute it to NURS180 and will take it with me into the rest of my life and use this helpful tool, along with the others I learned in this course. Overall, I enjoyed my learnings in NURS180 and found them more applicable and helpful than any other course I have taken at UBC. Stress and well-being is so important, and many people struggle through their lives trying to find ways to cope and overcome. Thanks to this course, I have been given many tools and sources that I will use for the rest of my life.