



Relaxation Room

Calm the Mind. Relax the Body.

The Relaxation Room is for UK students to learn and practice a variety of skills to help with stress management and relaxation. There are a variety of services and equipment available for students to balance the stresses of their studies and promote confidence and calmness in their daily lives.

Biofeedback

Biofeedback is simply information, or feedback, from your body about your biological functioning. Practicing relaxation techniques using biofeedback can help you learn to respond to your body's stress signals before they become overwhelming and to take action to relieve stress throughout the day before it impacts your ability to complete tasks or handle your emotions.

****** To use the biofeedback equipment in the Relaxation Room, students will need to participate in an orientation session with a Counseling Center clinician. Call 859-257-8701 or walk in to 106 Frazee Hall to schedule a session.



emWave – Monitor your heartrate and learn about optimal breathing and emotional regulation



The Wild Divine - Practice relaxation through simple games and tasks that teach you to be calm and focused



Relaxing Rhythms - learn from relaxation and mindfulness experts through guided presentations and practice tips



Dual Drive & Tropical Heat - Practice relaxation strategies while balancing action in a fast-paced car race or tropical jet-ski ride

Meditation & Mindfulness

Meditation is the practice of turning our attention away from distracting thoughts and focusing on present moment experiences. It is deceptively simple and can be practiced in a variety of ways. Rather than clearing or emptying the mind, we notice what is present. In doing so, we slow down the process of thinking and shift into a process of observing and experiencing in new ways. Mindfulness meditation has been shown to be a helpful process in learning to manage and relieve stress and emotional difficulties.

In the Relaxation Room, there are zafu and zabuton cushions for traditional sitting meditation, as well as yoga mats for yoga meditation practice. There are recordings of guided meditations and relaxing music available, as well as links to bookmarked video presentations on meditation, mindfulness, and yoga. Come practice meditation on your own or with friends.

Massage Chair

A full-body massage chair is available for students to use for up to 30 minutes at a time. Massage is helpful to reduce fatigue and muscle tension while improving blood circulation. Students may choose from a variety of massage methods and combinations with five sets of full body automatic programs and three sets of localized programs to meet a variety of needs. There are some conditions for which using the massage chair would not be recommended.

Light Therapy

Some people experience lower mood and more irritability during times of the year when there is less sunlight (shorter days in the winter). This can manifest as Seasonal Affective Disorder (SAD) or just less energy and lower positive feelings. Increasing your exposure to more light can be effective in boosting mood and allowing the body to better regulate emotions.

In the Relaxation Room there are 2 full spectrum light boxes that are available for students to use for 20-30 minute light therapy sessions. It is recommended that you use the time to read or study so that you are alert and awake, allowing your eyes to receive the light indirectly. You can schedule a time to use the light box by calling the Counseling Center, or walk in to the Relaxation Room during the open hours. Up to 2 students can receive light therapy at a time.

Negative Ion Therapy

Additionally, a high-intensity negative ion generator will add to the overall rejuvenation of your light therapy experience. Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in some places – visualize waterfalls, mountains, and beaches. Once they reach our bloodstream, negative ions are believed to produce biochemical reactions that improve mood, relieve stress, and boost daytime energy. They are more abundant during periods such as summertime when there is more light and biological activity.

Imagination & Art Materials

Exploring your own creativity and expressive art can be a helpful way to manage stress. You don't need to be a skilled artist to experience the benefits of being creative. Explore your emotions and experiences through the media and materials available in the Relaxation Room. Being creative reduces stress, improves problem solving abilities, and helps to process and gain personal insights.

Materials available include crayons and colored pencils, paints and brushes, coloring sheets and drawing paper, construction paper, magazines for collages, and modeling clay.

Wildcat Wellness Programs

To assist students in practicing effective stress management and further increase skills in relaxation and well-being, the Wildcat Wellness programs are guided instruction led by Counseling Center clinicians. No appointment is necessary. Just come, learn, and practice fun relaxation activities.

Tuesday, 4pm – **Creative Expressions:** Fun, creative stress relief through craft-making and expressive arts. All creativity talent levels welcome.

Wednesday, 4pm – **Meditation Hour:** Meditation practice for all levels of experience using guided and silent meditations and short discussions about mindfulness and meditation.

Thursday, 4pm – **Yoga for Relaxation:** Yoga poses and mindful breathing for stress relief and relaxation. All levels of experience welcome.