

PARTICIPANT FACING DOCUMENTS

I made amendments to and added more student facing documents after a practice run-through of the workshop with a colleague. He pointed out that the students might not understand what meridian lines are (which is what the pressure point techniques are based on). He also made me aware that I wasn't making it clear or rather he wasn't clear where exactly the pressure points were; because I do them so often, I didn't think about it's not being clear when I'm demonstrating. So I thought that the best way to address this would be to get some stickers that were about the circumference of the pressure points; I chose different colours for each pressure point and used bright colours to stand out as the class is large (about 50 students) he also asked if the students would have access to the demonstration instructions that I had drawn and written instructions to, and suggested that I make a QR code. It was a great suggestion as that meant that I could enlarge the QR codes and put them up around the classroom which was an easy way to ensure they could be directed to student services if the w/shop triggered them in any way

I made four QR codes;
student services and pastoral care,
three pressure point techniques so that students could practice them after the workshop,
Youtube link to box breathing,
one to explain Meridians and pressure points.

Once I'd enlarged, labelled and printed them I laminated them and put 3 sets of 4 codes around the class for ease of access and left one set in the class for use/reference post workshop

Yuka suggested that a few slides might also be helpful in guiding my students in how to follow the techniques

You can find below;
Survey draft 1 and final
4 QR codes with links
Slides I showed during workshop

I think the drawings/instructions/surveys I made are satisfactory but I will improve their execution for/in the next cycle of research

SURVEY DRAFT 1

5.) I FEEL MENTALLY ALERT

1
2
3
4
5

6.) I FEEL CALM / RELAXED

1
2
3
4
5

7.) I FEEL INSPIRED

1
2
3
4
5

8.) I FEEL STRESSED / ANXIOUS

1
2
3
4
5

9.) I ENJOYED DOING THIS AS A CLASS ACTIVITY

1
2
3
4
5

10.) I WILL USE THESE TECHNIQUES FOR SELF CARE MOVING FORWARD

1
2
3
4
5

1.) I FEEL MENTALLY ALERT

1
2
3
4
5

2.) I FEEL CALM / RELAXED

1
2
3
4
5

3.) I FEEL INSPIRED

1
2
3
4
5

4.) I FEEL STRESSED / ANXIOUS

1
2
3
4
5

NOW TAKE A SELFIE !

we will now do the exercises.

directly after take another selfie and compare it to the first one.
Can you see any differences, if so what are they?

SURVEY FINAL

1
2
3
4
5

STRONGLY DIS-AGREE
DIS-AGREE
NEITHER AGREE OR DISAGREE.
AGREE
STRONGLY AGREE

USE THE GUIDE ABOVE TO FILL OUT THE FOLLOWING QUESTIONS –
put a cross over the number that best corresponds to your answer

5.) I FEEL MENTALLY ALERT

1
2
3
4
5

2.) I FEEL CALM / RELAXED

1
2
3
4
5

3.) I FEEL INSPIRED

1
2
3
4
5

4.) I FEEL STRESSED / ANXIOUS

1
2
3
4
5

NOW TAKE A SELFIE !

After we will now go through the techniques

directly after take another selfie and compare it to the first one.
Can you see any differences, if so what are they?

USE THIS SPACE TO ADD ANY COMMENTS ON DIFFERENCES YOU NOTICED IN YOUR SELFIES.

Make a mark over the number that best corresponds to your answer

5.) I FEEL MENTALLY ALERT

1
2
3
4
5

6.) I FEEL CALM / RELAXED

1
2
3
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7.) I FEEL INSPIRED

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8.) I FEEL STRESSED / ANXIOUS

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9.) I ENJOYED DOING THIS AS A CLASS ACTIVITY

1
2
3
4
5

10.) I WILL USE THESE TECHNIQUES FOR SELF CARE MOVING FORWARD

1
2
3
4
5

PLEASE USE THE BOX BELOW TO GIVE ANY ADDITIONAL FEEDBACK, HOW YOU FELT, HOW EASY WERE THE TECHNIQUES, HOW COULD WORKSHOP BE IMPROVED OR ANYTHING ELSE YOU WOULD LIKE TO ADD

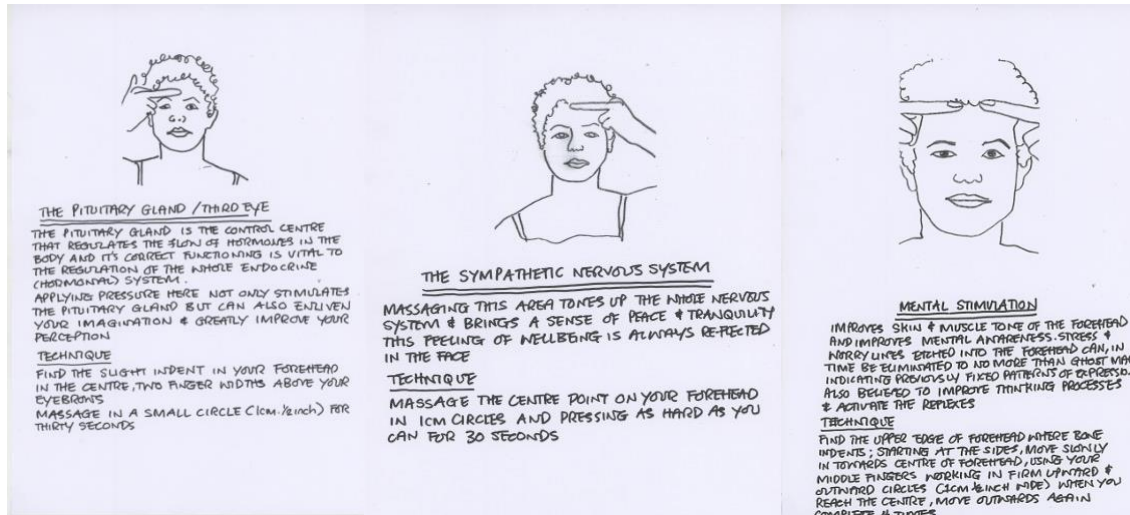
I UNDERSTAND THAT BY TICKING THE BOX I'M GIVING PERMISSION FOR THE INFORMATION ON THE FORM TO BE USED AS RESEARCH DATA. ☐

QR CODES TO PUT UP IN CLASSROOM

(PLEASE NOTE THE CODES WERE MADE IN A FREE TRIAL THAT HAS NOW EXPIRED)



SELF CARE TECHNIQUES



MERIDIANS EXPLAINED

<https://www.risingmoontaichi.net/the-meridians>



UAL PASTORAL CARE & STUDENT SERVICES

<https://www.arts.ac.uk/students/student-services>



BOX BREATHING TECHNIQUES / YOUTUBE

Box Breathing Exercises | Longer Exhale to Reduce Stress and Anxiety

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

DISPLAYED SLIDES FROM WORKSHOP

