



SDSU Student Accounting Society

Meeting Minutes: Deloitte “Stress Management and Mindfulness: Amplify your Future”

February 17, 2020

Presenters

Sarah Tax Recruiter
Tracy Audit Recruiter

Presentation

Part 1: Stress Management

How to react with stressors

- Gratitude Challenge
 - Take 2 minutes to think about 3 things you are grateful for
 - Answers: Waking up this morning, Attending college and being part of SAS...
 - Spread positive attitude throughout the room

- Growth Mindsets Steps: Turn stress to your advantage
 - See it. – taking a moment on settling down by accepting it.
 - Own it. – acknowledge and fully owning it
 - Use it. – use stress to address things that are urgent and focus more on priorities

- Stress Management Strategies
 - Accept it or change it
 - Scan for the good
 - Take energy breaks
 - Prioritize sleep
 - Exercise
 - Build slack into your day

- Discuss and Debrief: How does stress show up in your life?
 - Can stress be positive?
 - How do you act when you're stressed?
 - Are stress and success linked?
 - Do you have any character traits that cause stress?
 - What stressors in your life are hard to view as intentional choices?

- Group Activity
 - 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell

1 thing you are proud of yourself

Part 2: Mindfulness

- Mindless vs, Mindful: Facing Failure
 - Mindful breathing
 - Journaling
 - Body scan
 - Mindful eating
 - Three-center check-in (thoughts, emotions, and sensations)
 - S.T.O.P (stop, take, observe, perceive)
- Mindful eating: Chocolate Exercise
 - Taking time to feel and eat it makes it more satisfy
- How could you take a more mindful approach to facing failure?
 - Admitting and owning your mistake will help you learn and grow
- Our commitment to well-being: Well-being challenge
 - In 30 days think about three things you want to accomplish that day

Opportunities for Spring 2020

Tax – 2021 Internship / 2020 Deloitte national Leadership Conference

Audit – 2021 Internship / 2020 Deloitte national Leadership Conference

Apply Today via Handshake

Application deadline: March 4th

On campus interview: March 18th

2nd round interview: late march/early April

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