

STRESS MANAGEMENT



What is Stress?

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences.

This presentation will present different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects people today.



Common Facts



- 3 out of 4 people say they experience stress at least twice a month.
- Over half of those people say they suffer from 'high' levels of stress at least twice a month.
- In the last 20 years, the number of people reporting that stress affects their work has gone up more than four times.
- One fourth of all the drugs prescribed in the United States go to the treatment of stress.

Can Contribute To

- Heart disease
- High blood pressure
- Strokes
- Alcoholism
- Obesity
- Drug addiction
- Cigarette use
- Depression



Good

The stress response (also called the **fight or flight response**) is critical during unexpected situations

A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed.

vs.

Bad

Ongoing or long-term events, like coping with a divorce or moving to a new neighborhood or school, can cause stress, too. Long-term stressful situations can produce a lasting, low-level stress that's hard on people. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed, weaken the body's immune system, and cause other problems.



Mini Stress Test

1. Do you have too much responsibility?
2. Are too many demands put on you by your family?
3. Do you have difficulty expressing how you feel about situations or people?
4. Do you drink to wind down on a regular basis?
5. Do people or things often irritate you?
6. Do you have trouble focusing on a task?
7. Do you have regular headaches (at least 2 every 5 days)

**If you answered "YES" to more than 4 questions
you have moderate signs of stress!**

Tips for Handling Stress

Talk! Don't hold all your feelings within!

DON'T OVERWHELM
YOURSELF

ACT! Be willing to take risk
and make change!

MAKE SUCCESS HAPPEN!

LISTEN TO YOUR BODY!

BE IN CHARGE!
Discover what you need.

SOCIALIZE: Don't be afraid
to enjoy yourself!

PRIORITIZE

GET AWAY: Sometimes a change can do
wonders for your spirit.

LEARN HOW TO BE HAPPY!

Time Management



Time Management is a Myth

Realize that No matter how organized we are, there are always only 24 hours in a day. Time doesn't change. All we can actually manage is ourselves and what we do with the time that we have.

The are no extra hours in a day for anyone!

Develop A Schedule

Determine how you spend a typical 24-hour day

Personal care/grooming

Socializing/entertainment (with friends)

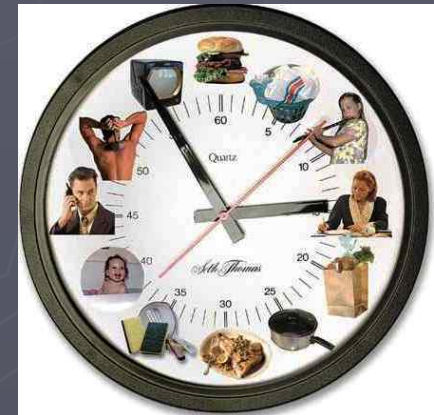
Exercise/sports

Sleeping

Classes

Studying

Transportation (school, work, etc.)



Relaxing/TV/video games, etc. (alone)

Work

Family commitments

Meal preparation/eating/clean-up

Advantages of Time Management

motivates and initiates

reduces anxiety



eliminates cramming

promotes review

reduces avoidance

gain time

Principles of Time Management

1. Daily "to do list"

2. Prioritize

3. Arrange your schedule to your advantage

4. Make time for the unexpected

5. Plan for leisure time

Strategies on Using Time

- Develop blocks of study time
- Prioritize assignments
- Develop alternative study places free from distractions to maximize concentration
- Use your time wisely
- Think of times when you can study "bits" as when walking, riding the bus, etc.
- Review studies and readings just before class
- Review lecture material immediately after class (Forgetting is greatest within 24 hours without review)
- Schedule time for critical course events

STAY

FOCUSED