

# Stress & Time Management

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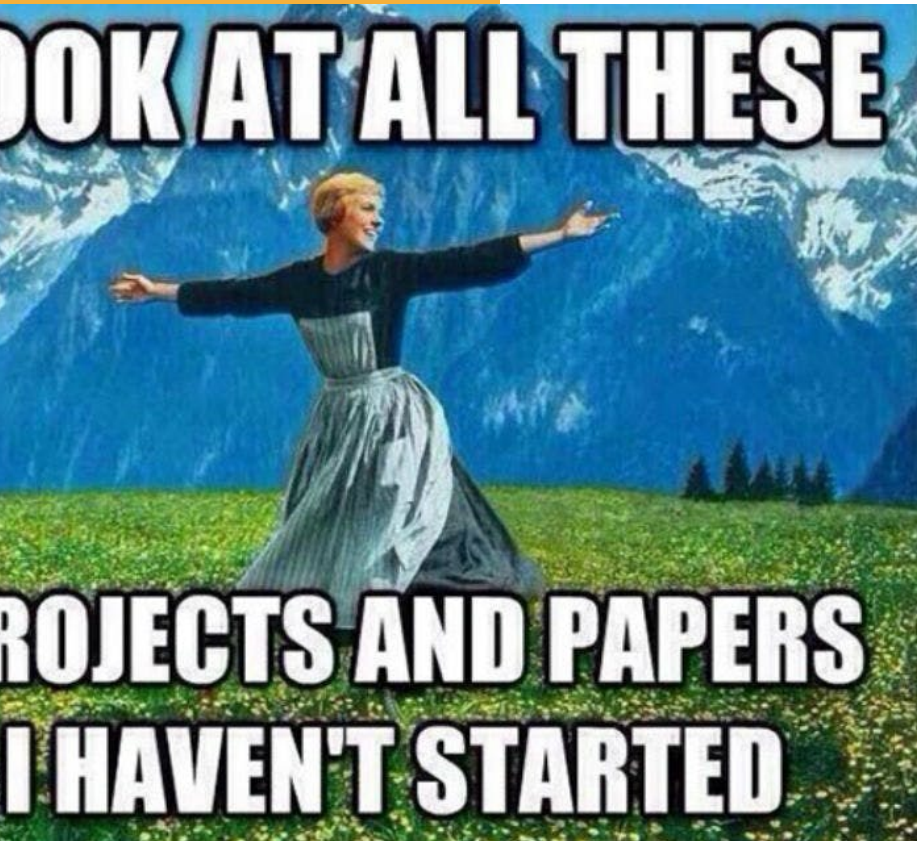
# Time Management Skills

- Process of planning & exercising mindful **control** over amount of time spent on an activity
- Beneficial to students of any age because it can help **prioritize** time and activities
- Time management helps to avoid being rushed, unorganized, or unproductive
- Every freshman should accomplish time management **stay focused** on grades & work and to make time for making new friends & becoming a part of organization on campus



# 6 Simple Steps to Accomplish Time Management





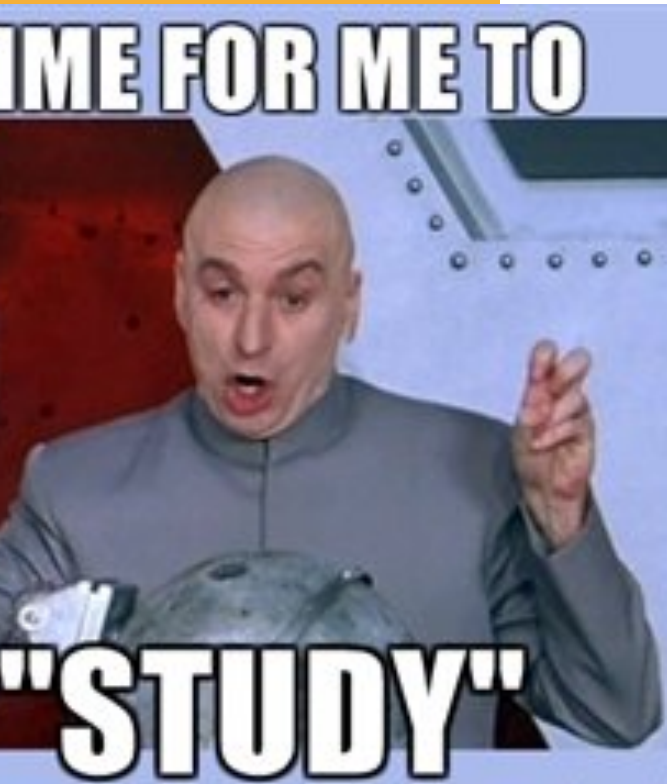
## Get Organized

- Write everything down
  - Important dates or reminders
- Use a planner
  - Plan ahead of time
- Make to-do list
  - Prioritize your time

## Avoid Procrastination

- Learn to get focused
- Compromise
  - Making Decisions
  - Go out with friends or study for final ex





## Owl or Rooster?

- Study time in the mornings, afternoons or night?
- Schedule sleep time
  - -stress relief

## Control Extra Time

- An hour break between classes could be spent studying or reading the chapter for the class.
- Take advantage of ALL your free time





## Take Breaks

- Break up study times for breaks between study times.
- Allows for relaxation
- If you feel drained and cannot continue, take a break.
- This could make you more focused later.

## Make time for fun

- Make sure to plan for fun during the week without taking away from your school work.



# Stress

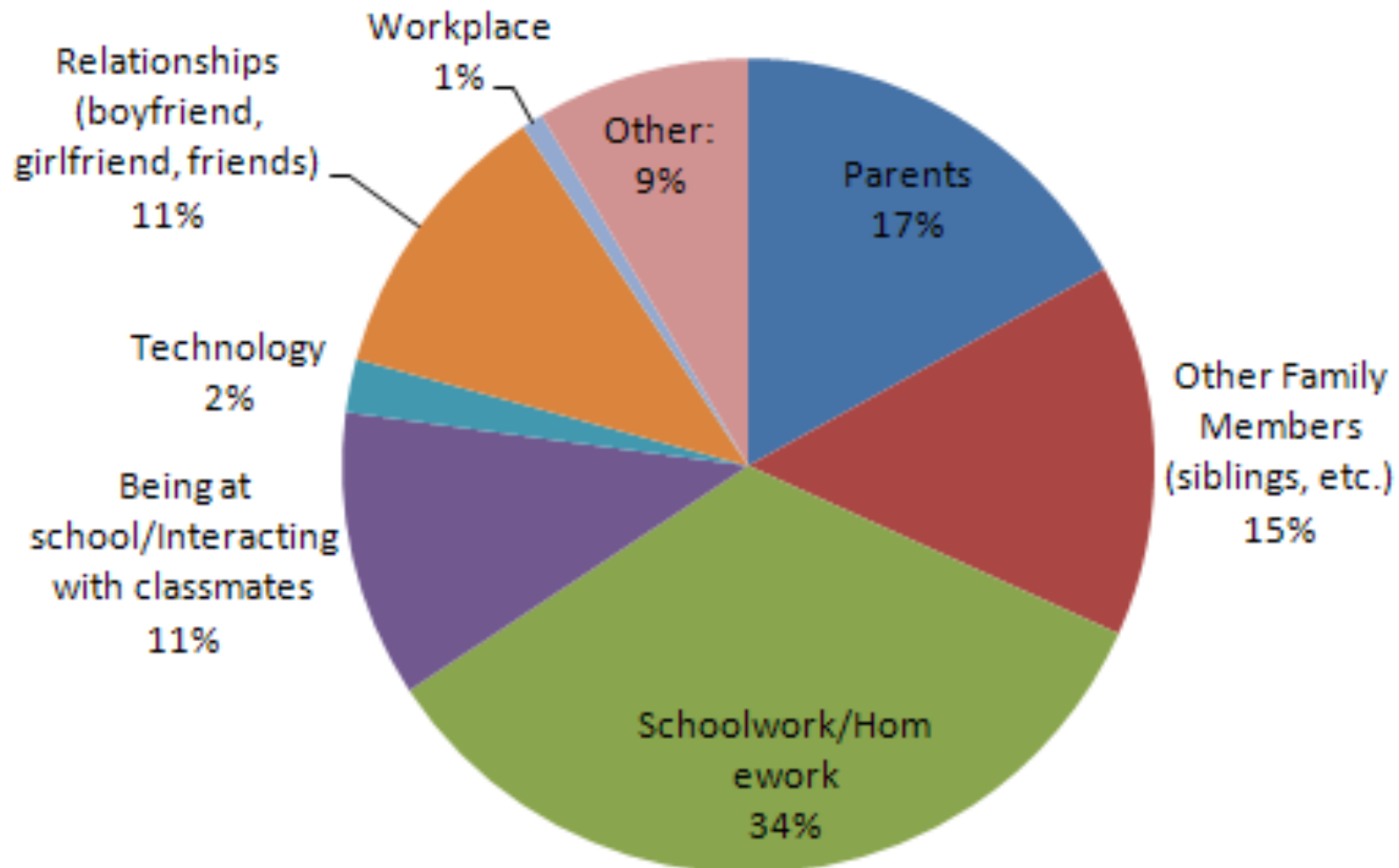
- Common Causes of Stress in College Students:

- Life Changes
- Frustration
- Financial Situation
- Relationships
- Grades

- <https://youtu.be/LFZpgA1dRQ>



# What is causing you the most stress right now?



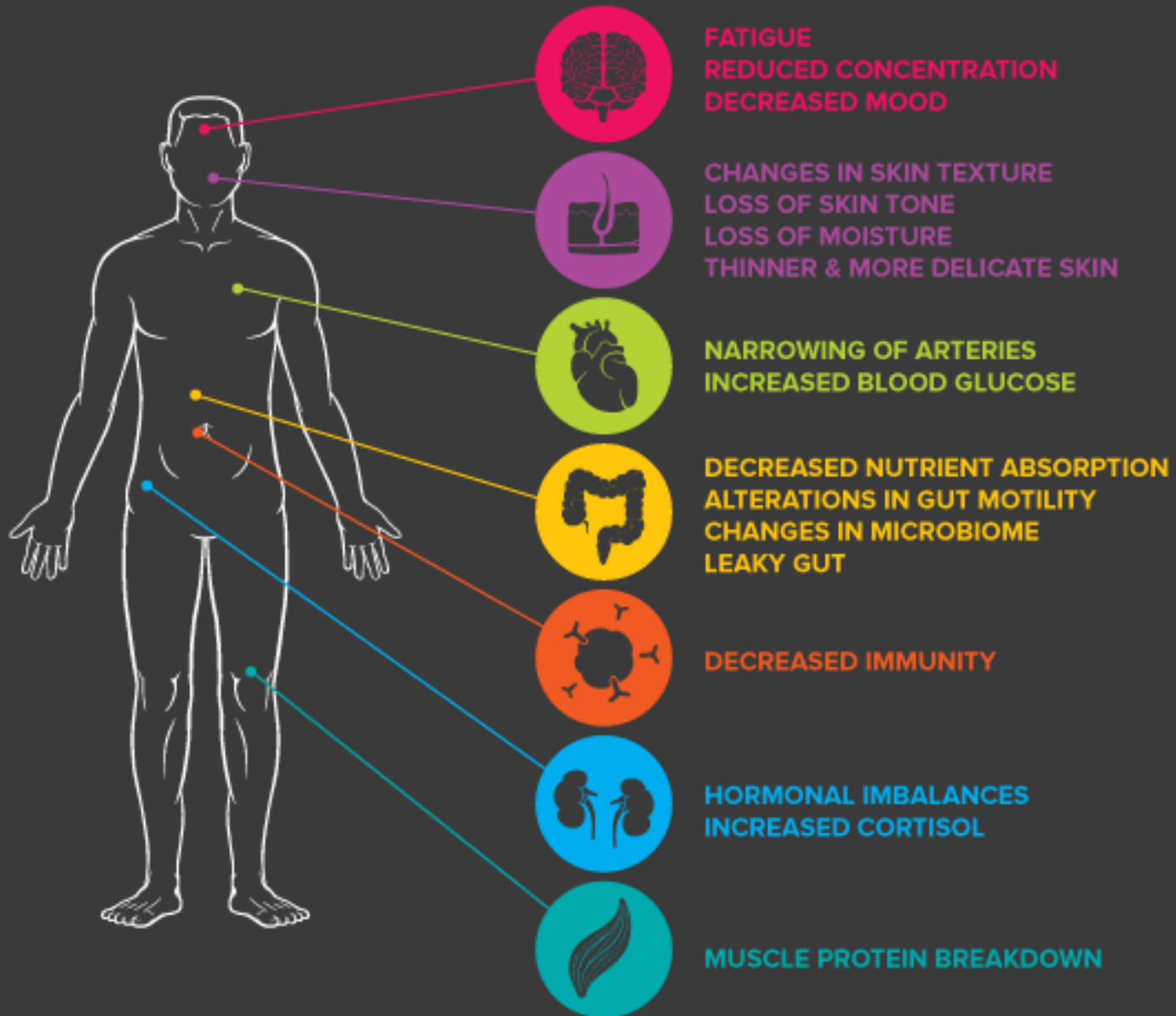


# Effects of Stress

- Common effects of stress include:
  - Headache
  - Chest Pain
  - Fatigue
  - Muscle Pain
  - Upset Stomach
  - Sleep Problems
  - Anxiety
  - Irritability
  - Depression
  - [https://youtu.be/\\_LFZpgA1dRQ](https://youtu.be/_LFZpgA1dRQ)



# EFFECTS ON THE BODY



# Managing Stress Level

- **Exercise**
  - Working out regularly is a great way to relax your body and your mind.
  - It also tends to improve your mood.
- **Eat Well**
  - Eating a well-balanced diet will improve your health.
- **Slow Down/ Take a Break**
  - Your mind needs time off from stress
  - Life can get extremely busy, so don't overload your schedule
- **Make Time for Hobbies**
  - Set aside time for things you enjoy
    - Ex. Reading, playing sports, etc.

