



# **STRESS AND TIME MANAGEMENT**

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**STRESS**

# DEFINITIONS

- Stress: mental or emotional tension caused by the demands of certain events
- Stressor: the events that produce stress
- Resilience: the ability to recover from a problem

College got us like...



Because of...



But we will bounce back!



# SIGNS OF STRESS

- Urges to run, cry and hide (fight or flight? FLIGHT)
- Pounding heart
- Trouble sleeping
- Changes in food intake
- Change in smoking amount
- Change in alcohol use
- Low Energy

**DON'T IGNORE THE SIGNS OF DAMAGING STRESS!** However, stress at this time in your life, may be more motivational than detrimental.

The CUSS or College Undergraduate Stress Scale (understand your stress)

- [http://highered.mheducation.com/sites/0073382736/student\\_view0/health\\_psychology/college\\_stress\\_test\\_/index.html](http://highered.mheducation.com/sites/0073382736/student_view0/health_psychology/college_stress_test_/index.html)

# PERSONALITY AND STRESS

Type A personality: character high in ambition, high energy and competitiveness (thought to have high susceptibility to stress)

Type B personality: character high in relaxation, carefree and easy-going (thought to have low susceptibility to stress)

Not sure?

Find out!

[https://www.buzzfeed.com/perpetua/are-you-more-type-a-or-more-type-b?utm\\_term=.pbLdobz22#.wq7LvxGAA](https://www.buzzfeed.com/perpetua/are-you-more-type-a-or-more-type-b?utm_term=.pbLdobz22#.wq7LvxGAA)



# WHAT TO PAIR WITH STRESS

## 1. Exercise

- ✓ produces endorphins (group of hormones associates with reducing our perception of pain)
  - ✓ Runner's high
- Improves cardiovascular system '

## 2. Sleep

- ✓ 8 hours
- ✓ Sleep hygiene (i.e. routine-like schedule, no excessive daytime naps, sleeping location)
- ✓ Because who doesn't love a good sleep?!

## 3. Caffeine

- ✓ DISPELL THE MYTHS (Hypertension, cancer, heart problems)
- ✓ Mood enhancer
- ✓ Increases mental and physical performance
- ✓ Consume a maximum of 200 milligrams
- ✓ Increases lifespan

(

<https://www.theguardian.com/science/2017/jul/10/coffee-cuts-risk-of-dying-from-stroke-and-heart-disease-study-suggests>)

# HOW TO RELIEVE STRESS

1. Practice relaxation techniques
  - Deep breathing
  - Meditation
  - Massage
2. Learn how to reward yourself
3. Stick to your goals
4. Find a hobby
5. Adopt a pet
6. LAUGH



# WANT HELP?

There is on-campus at the SAU Counseling Center.

Who to contact: 870 235 4145

SAU Counseling Center questions?

Visit the link below for frequently asked questions with answers!

<https://web.saumag.edu/ct/frequently-asked-questions/>





# **TIME MANAGEMENT**

# GOAL SETTING

**S** pecific

**M** easurable

**A** chievable

**R** esults - focused

**T** ime - bound



# PRIORITIZE YOUR LIFE IN ORDER TO HELP YOU REACH YOUR GOALS

Going to class

exercising

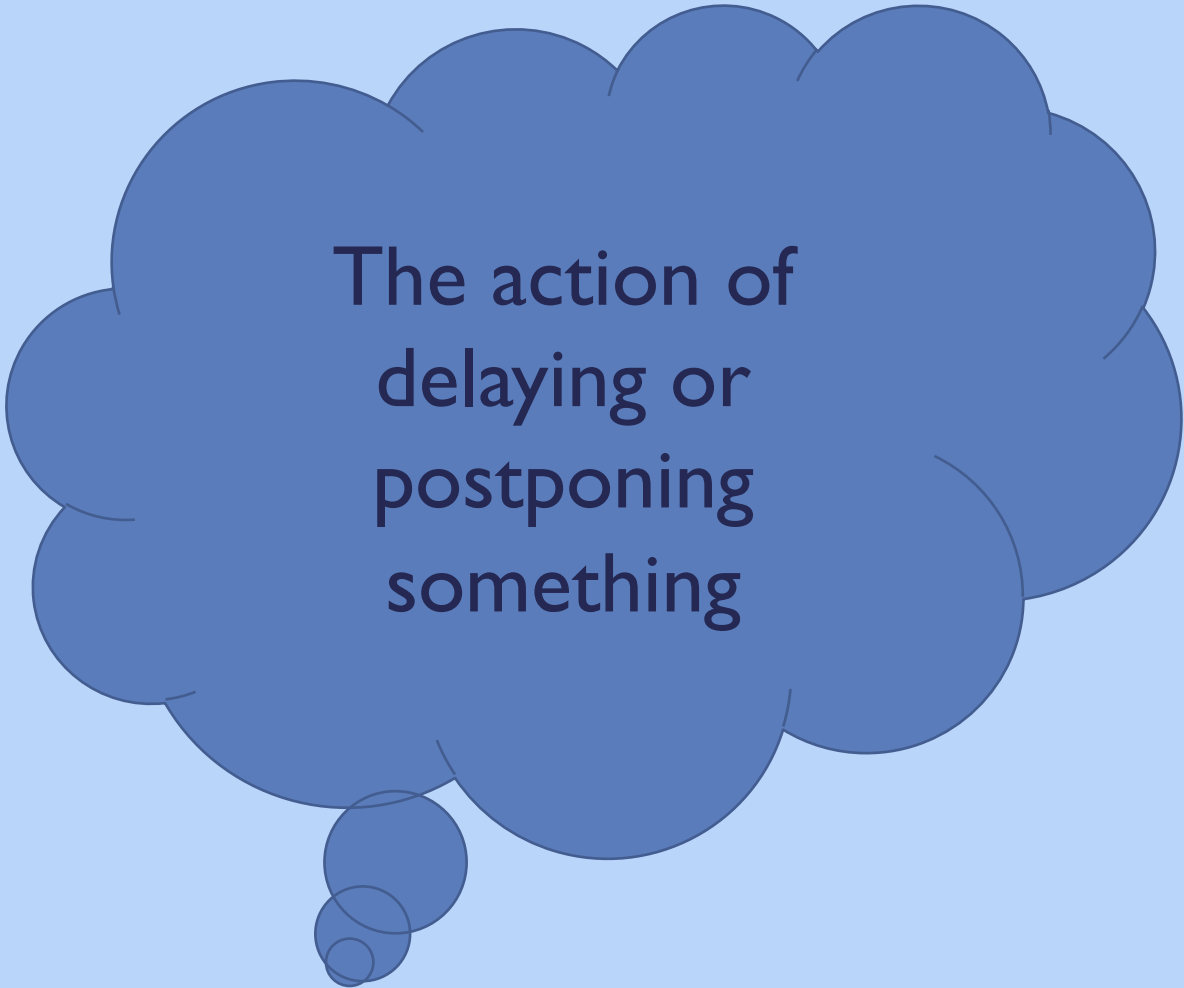
- i.e. Prioritize things that will help you to get to where you want to go or things that will help make you who you want to be

sleeping

relaxing

Studying

Building relationships

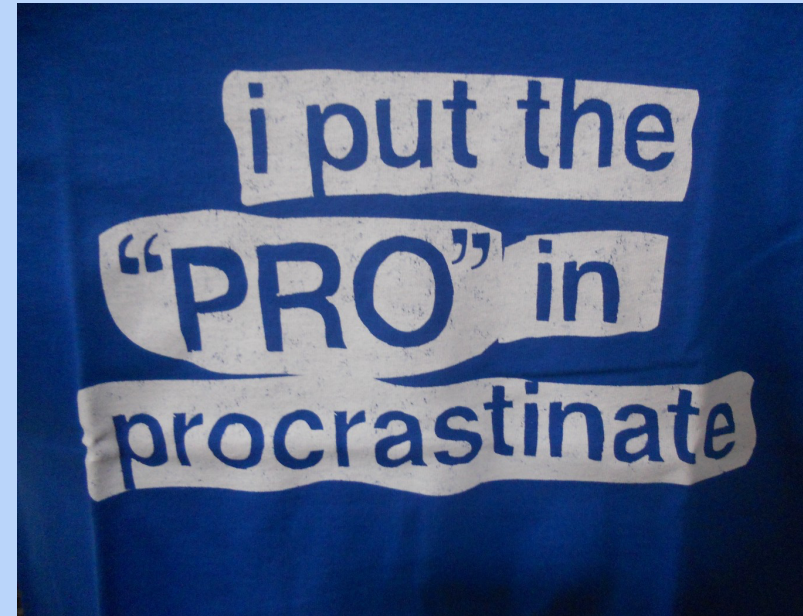


The action of  
delaying or  
postponing  
something

**PROCRASTINATION**

# TIPS FOR AVOIDING PROCRASTINATION

- Don't let yourself do anything else until you have completed your task (or completed a part of the task for bigger projects)
- Make a To-Do list
- Reward yourself (AFTER YOU FINISH)
- Say NO to social activities (Prioritize)
- Turn off your phone, the TV, and any other electronics
- Break tasks into smaller parts (Read two chapters of a book at a time instead of reading the whole thing at once)



# STUDY DOS AND DON'TS

## DO

- ❖ DO Figure out what time of day works best for you to study (morning or night, between classes or after classes, etc.)
- ❖ DO Study in a quiet place

## DON'T

- ❖ DON'T Study in social settings such as common areas or the caf
- ❖ DON'T Study in your bed (You are more likely to fall asleep)
- ❖ DON'T Listen to music (research shows that it distracts more than it helps)

# SCHEDULING TIPS



- Get a Planner
- Make a list of your weekly commitments and other activities around the house
- Write down due dates for assignments as well as tests and quiz dates
- Schedule Study times based on your preferred study time (morning v. evening, etc.)
- Find a routine that works for you and **STICK TO IT**
- Know your limits, don't sign up for more classes than you can handle
- Don't forget to set aside time to relax and have fun

# CITATIONS

- <http://peace.saumag.edu/faculty/kardas/Courses/HonSem/stress.html>
- <https://examinedexistence.com/type-a-vs-type-b-personality-traits-similarities-and-differences>
- [http://www.nytimes.com/2008/08/05/health/05brod.html?  
ex=1375588800&en=da488ca359585fdc&ei=5124&partner=permalink&exprod=permalink](http://www.nytimes.com/2008/08/05/health/05brod.html?ex=1375588800&en=da488ca359585fdc&ei=5124&partner=permalink&exprod=permalink)
- <https://lpatucson.org/central/goal-setting-school-year/>
- <https://medium.com/hackerlife/procrastination-is-actually-good-760f18451d66>
- <https://www.theodysseyonline.com/year-planner>