

Stress & Time Management

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Honors Seminar

What is stress?

What is Stress?

- A physical, mental, or emotional factor that causes bodily or mental tension

Possible Causes:

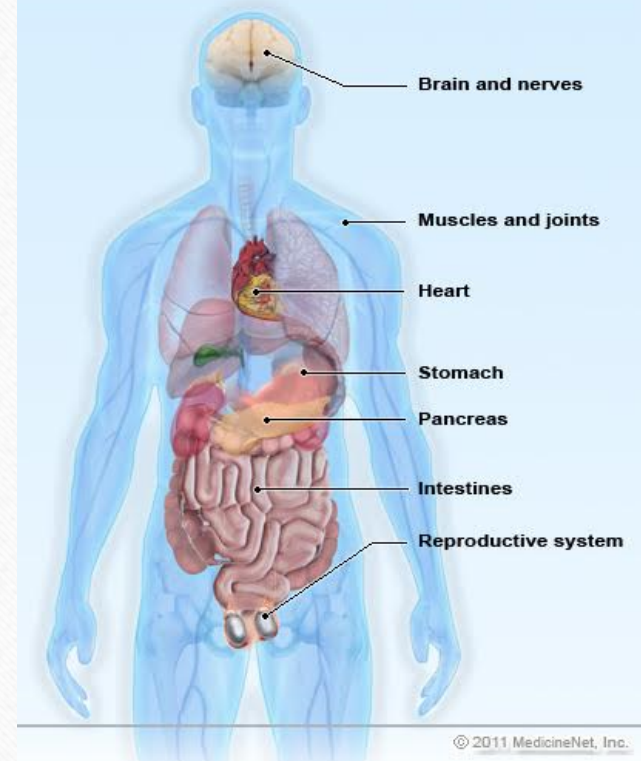
- Busy schedule
- School work
- Extracurricular activities
- Pressure of grades



Biological Effects of Stress

- Stress can initiate a fight or flight response.
- Depression
- Anxiety
- Medical problems
 - High blood pressure
 - Poorly controlled diabetes
 - Irritable bowel syndrome

Areas of the body affected by stress



Ways to Prevent & Manage Stress

- Take Breaks
- Manage Your Time
- Avoid Procrastination
- Limit Caffeine
- Sleep Habits
- Laughter



What is
time management?

Time Management

- Act of planning the amount of time you spend on different activities
 - Increase productivity
 - Reduce stress
 - Meet deadlines



Practicing Time Management

- Organize
 - Keep a planner, use technology
- Prioritize
 - Keep up with important deadlines
- Don't overload
 - Space out your studying
 - Don't cram the night before

AT&T 10:02 AM

17 WEEKVIEW 2011, 46/52

	Sun Nov 13	Mon Nov 14	Tue Nov 15	Wed Nov 16	Thu Nov 17	Fri Nov 18
9 am		MATH	PHYSICS	POLITICS	PHYSICS	
10 am		MATH	PHYSICS	POLITICS	PHYSICS	
11 am	ART				MATH	CHEMISTRY
12 pm						
1 pm						
2 pm						
3 pm		ART	CHEMISTRY	MATH		TENNIS
4 pm		ART	CHEMISTRY	MATH		

02:30 PM ~ 03:10 PM
Class
Room B7



Sources

- <http://www.medicinenet.com/script/main/art.asp?articlekey=20104>
- <http://www.stress.org/what-is-stress/>
- http://campusmindworks.org/students/self_care/managing_stress.asp
- <http://bookboon.com/blog/2012/02/time-management-the-best-way-to-reduce-stress/>
- <http://www.appfluence.com/productivity/top-10-time-management-skills-for-college-students/>