



STRESS & TIME MANAGEMENT

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Stress: A Global Epidemic.

A study by the Global Organization for Stress

- 75% of Americans report experiencing moderate to high levels of stress.
- Approximately 1 out of 75 people experience a panic disorder due to high levels of stress.
- 80% of workers feel stress within their job environment.
- Stress levels in the workplace are rising. 6 in 10 workers in major global economies report increased workplace stress.

Nearly all
college
students
experience
stress.

Forms of stressors:

Physical:

- Fever
- Pain
- Illness

Environmental:

- Weather
- Noise
- Traffic

Social and Emotional:

- Income
- Career
- Familial Obligations
- Guilt

Stress has a big impact on your life.



Stress can cause a decrease in physical activity.



Many students who are stressed tend to make bad grades.



Students can tend to turn to inappropriate coping methods such as drinking, drugs, or cheating.



Stress can cause a decline in certain hobbies.

Managing Stress



KEEP A PLANNER, THIS WAY
YOU CAN CORRECTLY MANAGE
YOUR TIME.



TAKE TIME TO HANG OUT WITH
YOUR FRIENDS. HAVING A
SOCIAL LIFE CAN GIVE YOU A
MENTAL BREAK.



GO FOR A WALK.
EXERCISE GIVES YOUR BRAIN
TIME TO FOCUS ON ONE THING.



IF IT IS NOT TIME IMPORTANT,
SLEEP ON IT.
RELAXATION IS IMPORTANT.

Time Management.

While in school or work, you will have deadlines that must be met.

- Good time management allows you to accomplish more. This will allow you to have more free-time.
- By using good time management skills, you are strengthening your decision making skills.
- Time management will lead to a decline in work or school related stress.

Managing Time



PLAN AHEAD. THIS WILL SAVE YOU TIME IN THE LONG RUN.



SET GOALS. IF YOU SET GOALS, THEN YOU WILL BE INSPIRED TO COMPLETE THINGS IN A TIMELY MANNER.



JUST SAY NO. LEARN HOW TO STAY IN AND COMPLETE PROJECTS, INSTEAD OF GOING OUT.



ALWAYS ASK FOR DUE DATES AHEAD OF TIME, THIS WAY YOU CAN FINISH THEM EARLY.

Sources:

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