

Stress and Time Management



Stress

- Stress is your body's reaction to a challenge or demand.
 - It is a feeling of emotional or physical tension.
- Stressors are situations that cause stress.



Signs of Stress

- Irritability
- Migraines
- Trouble sleeping
- Upset stomach
- Neck or back pain



Ways to Relieve Stress

- Exercise
- At least 8 hours of sleep
- Hobbies
- Pets
- Laughing



Time Management

- The ability to use one's time effectively or productively
 - Work
 - School Assignments
 - Projects



Time Management Tips

1. Write Down Everything!
2. Make a To-Do List
3. Stay Organized
4. Plan Ahead
5. One Thing at a Time
6. Establish a Routine
7. Take Breaks

