



Don't Stress.
Do Your Best.
Forget the Rest.

**TIPS FOR STRESS
MANAGEMENT**

TIPS FOR STRESS MANAGEMENT

This module goes over tips and resources for stress relief, time management, financial planning, and more. Keep scrolling for more information and resources on managing stress.



TIPS FOR STRESS MANAGEMENT CONT.

An Ubyyssey infographic:

Don't overstress!

70%+ of students experience stress



47% felt that it negatively impacted their academic standing

Follow these tips to stay healthy and manage your stress during exam season

Maintain a healthy lifestyle and relax during busy times:



Sleep 7+ hours



Eat balanced meals



Stretch or walk



Meditate



Stay hydrated



Take breaks
(5—10 minutes every hour)



Laugh

Plan ahead:



Schedule study times

Remember,
some anxiety is
beneficial!



Positive self-talk

TIPS FOR TIME MANAGEMENT

Balancing school, work, and home isn't always easy - but by planning ahead and using your time wisely, you'll be able to accomplish more and enjoy extra free time.



Apps you can use:

- Google Keep
- Trello
- Google Calendar
- Google Tasks

Links to more resources:

- <https://www.purdueglobal.edu/blog/student-life/time-management-busy-college-students/>
- <https://www.rasmussen.edu/student-experience/college-life/time-management-tips-college/>

TIPS FOR TIME MANAGEMENT CONT.



1) Write down everything. Write down due dates, upcoming appointments, and important tasks. You can keep track of this either by writing it down in a planner or journal, or using a virtual planner app like the ones listed above.



2) Stick to a routine. Getting into a routine can help reduce the uncertainty of how you will fit everything in. Start small, and build up habits into a routine that works for you.



3) Stay organized. Make sure you keep all your work and tasks organized - not just for school but for work and home life as well.



4) Use checklists! Printing or writing out checklists for each day of the week can be really helpful to remember everything you have to get done. You can try color-coordinating your list to help better visualize what you have to get done.



5) Find a balance. Sometimes you're not going to get everything done - that's okay! Take a step back and take a breath. Reach out to your support system and use their support to get yourself back on track.

ADDRESSING BURNOUT



Burnout is real. Whether it's caused by school, work, or home, it's something that happens to everyone at some point. It's important to take steps to avoid reaching the stage of burnout.

Here are some ways you can prevent burnout:

- 1) Learn to say no.** It's okay to say no things you don't have the capacity to do. Remember that your health comes first, don't overwork or stress yourself out.
- 2) Ask for help.** Reach out to your loved ones and support system. They're there for you.
- 3) Plan ahead.** Use the tips above for time management and create a schedule and routine that works for you.
- 4) Prioritize academics.** You're always a student first. Be sure to prioritize your school and health over other activities.

FOCUSING ON ACADEMICS



You're always a student first. Here is a college student study skills guide that covers note-taking tips, study skills apps, and more:

<https://www.affordablecollegesonline.org/college-resource-center/study-skills/>

OTHER RESOURCES

Financial Planning:

- <https://www.self.inc/blog/money-management-for-college-students>

Social Anxiety:

- <https://www.verywellmind.com/how-do-i-get-help-for-social-anxiety-at-college-3024810>
- <https://nationalsocialanxietycenter.com/2017/08/13/thriving-college-student-social-anxiety/>