

# **Stress & Time Management:** **Common Issues Facing College Students**



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*"Sleep? What's that? I just keep working and partying and hanging out with friends."*

*-Student*



# Time Killers

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- Television
  - 1667 hrs or 70 days a year watching television.
- Internet Usage
  - Avg. 30 hours/mo = 15 days /yr
- Cell Phone Usage
  - 500 min/mo = 6000 min/yr = 4.2 days /yr
- Commuting Time
  - 780 hrs/yr = 33 days in your car as a passenger or driver





# *Stress Management*

# *Define The Source Of Stress*

**What is causing you the most stress in your everyday life?**

**Be able to define if you are stressed because of the amount of work you have to do or if it is due to your procrastination.**

*Keep a Stress Journal:*

**Write down what made you stress, how you felt, what you did in response, and how you could make yourself feel better.**

## Sources of Stress

Major Life Changes (Death, Birth, Marriage, Relocation,

Work or School (Deadlines, Tests, Papers, Presentations)

Relationships (New relationship, Break-Up, Problems within the Relationship)

Financial Problems (Bills, Unemployed)

Children/Family ( Demands from family, Having enough time to spend with children)



# How Do YOU Cope?

**Smoking**

**Drinking  
Excessively**

**Overeating/Under  
Eating**

**Using pills or drugs  
to relax**

**Sleeping excessively**

*Healthier Options*

**Withdrawing from  
friends/family and  
activities you enjoy**

**Filling up every  
minute to avoid  
facing problems**

**Taking frustrations  
out on others**

**Get Moving  
(Exercise)**

**Get Connected with  
others**

**Learn how to  
relax**

**Eat healthy  
Get your rest**

# Avoid Unnecessary Stress

**Avoid People Who Cause Stress- Limit the amount of time you spend around stressful**

**Avoid Hot-Button people Control Your**

**Topics- Don't discuss topics that upset you, excuse yourself when they come**

**It's Okay to Say**

**"No"- Set your limits and stick with it**

**Environment- Avoid TV shows that stress you, take a different route home to avoid**

**Pace Down your To-Do**

**List- Determine what you "should" do and what you "must" do, put "should" items at the bottom of your list**



# Alter the Situation

**Compromise When Necessary-**

**If expecting someone else to change, you must be flexible as well**

**Be More Assertive-**

**Face problems head on and take charge of things that may stress you out**

**Express Feelings, Don't Bottle Them Up- Communicate any concerns you have so resentment doesn't build up**

**Develop Better Time Management Skills- Plan ahead and make sure you**

# *Adapt To The Stressor*

**Focus on the positive-** When life is stressing you out think about the good things in your life

**Adjust Standards-**

Never demand perfection, set realistic expectations of yourself and others

**Look at the Big Picture-** How important is this stressor? Will it matter in a week? A month? Next year?

**Reframe Problems-** Try to think in a more positive light. Instead of being frustrated over traffic take

# *Accept Things You Cannot Change*

**Learn to Forgive-**

**Understand that people make mistakes, don't hold on to anger and resentment**

**Share Feelings-**

**When you cannot control a situation, talking through your**

**Don't Try To Stop The Rain-**

**Some things are out of our control, accept this and focus on ways to make the best out of what you can control**

**Look For The Upside-**

**If you are faced with a major obstacle**

# *Make Time For Fun & Relaxation*

**Make Time For Relaxation-** Schedule in relaxation time and stick by that

**Keep Your Sense Of Humor-** Be able to laugh at yourself and find humor in things that would otherwise cause stress

**Connect With Others-** Find positive people who make your life happier, keep a healthy support system in your life

**Do What You Enjoy Every Day-** Each day include an activity that you enjoy

# Adopt A Healthy Lifestyle

## **Exercise Regularly-**

**Try to fit in 30 minutes at least 3 days a week**

## **Healthy Diet-**

**Always eat a healthy breakfast and be sure you snack throughout the day on nutritious items**

## **Cut Back On Sugar and Caffeine-**

**These often lead to a crash in your mood and can cause difficulty sleeping**

## **Sleep Well-**

**Ensuring you have a full nights rest will help you feel more energized and less**

# *Healthy Ways To Relax*

- **Watch A Comedy**
- **Read A Good Book**
- **Get A Massage**
- **Work In A Garden**
- **Play With A Pet**
- **Enjoy a Warm Cup of Coffee or Tea**
- **Listen To Music**
- **Take a Long Bath**
- **Go For a Walk**
- **Light Scented Candles**
- **Write In a Journal**
- **Call a Good Friend**
- **Spend Time Outdoors**
- **Work Out (Not Excessively!)**

## **Manage Your Time Better**

Don't Over-Commit Yourself

Prioritize Tasks

Break Projects into Small Steps

Delegate Responsibility



# QUESTIONS????

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