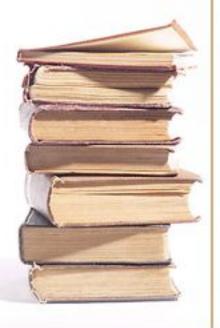
#### Stress & Time Management:

**Common Issues Facing College Students** 





Tara Honesty, Success Coach Student Success Center; ECC

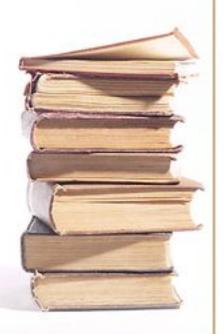


"Sleep? What's that? I just keep working and partying and hanging out with friends."

-Student

#### Time Killers

- 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



# Street 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 Journals

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 Umnecessary Stress

Avoid People Who Cause Stress-Limit the amount of time you spend around stressful Avoid Hot-Buttonpeople Control Your

Topics-Don't discuss topics that upset you, excuse yourself when they come to so limits and stick with it

TV shows that stress you, take a different route home to avoid Pace Dowtraffin To-Do

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

### Alter the Situation

Compromise When Necessary-

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

Be More Assertive-

Face problems head on and take charge

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

of things that Develop Better Time may stress agement Skills-Plan you 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 Ricture-How important is this stressor? Will it matter in a week? A month? Next year?

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

# 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 Connect With Others-

Find positive people who make your life happier, keep a healthy support system in your life

Humor-Be able to laugh at yourself and find humor in things that would otherwise cause stress Do V

cause stress

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

# 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-

on nutritious items 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!)

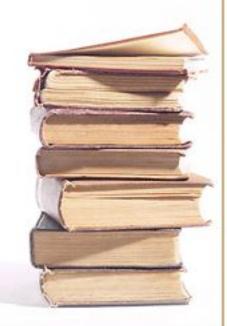
#### **Manage Your Time Better**

Don't Over-Commit Yourself

**Prioritize Tasks** 

Break Projects into Small Steps

**Delegate Responsibility** 



#### QUESTIONS????

