

The background is a solid teal color. It features several overlapping white circles and larger, semi-transparent teal shapes that create a layered, abstract effect. The text is centered in the middle of the image.

Managing Stress & Being Resilient

What is stress?

A state of worry or mental tension caused by a difficult situation

**Natural
response**

**Prompts to
address issues**

**Everyone
experiences it**

Activation vs. Stress

The difference between the two



Situations of pressure



- Alertness
- Drive to complete tasks
- Triggers deep focus

Chronic stress



- Constant alertness & overwhelm
- Tiredness & irritability

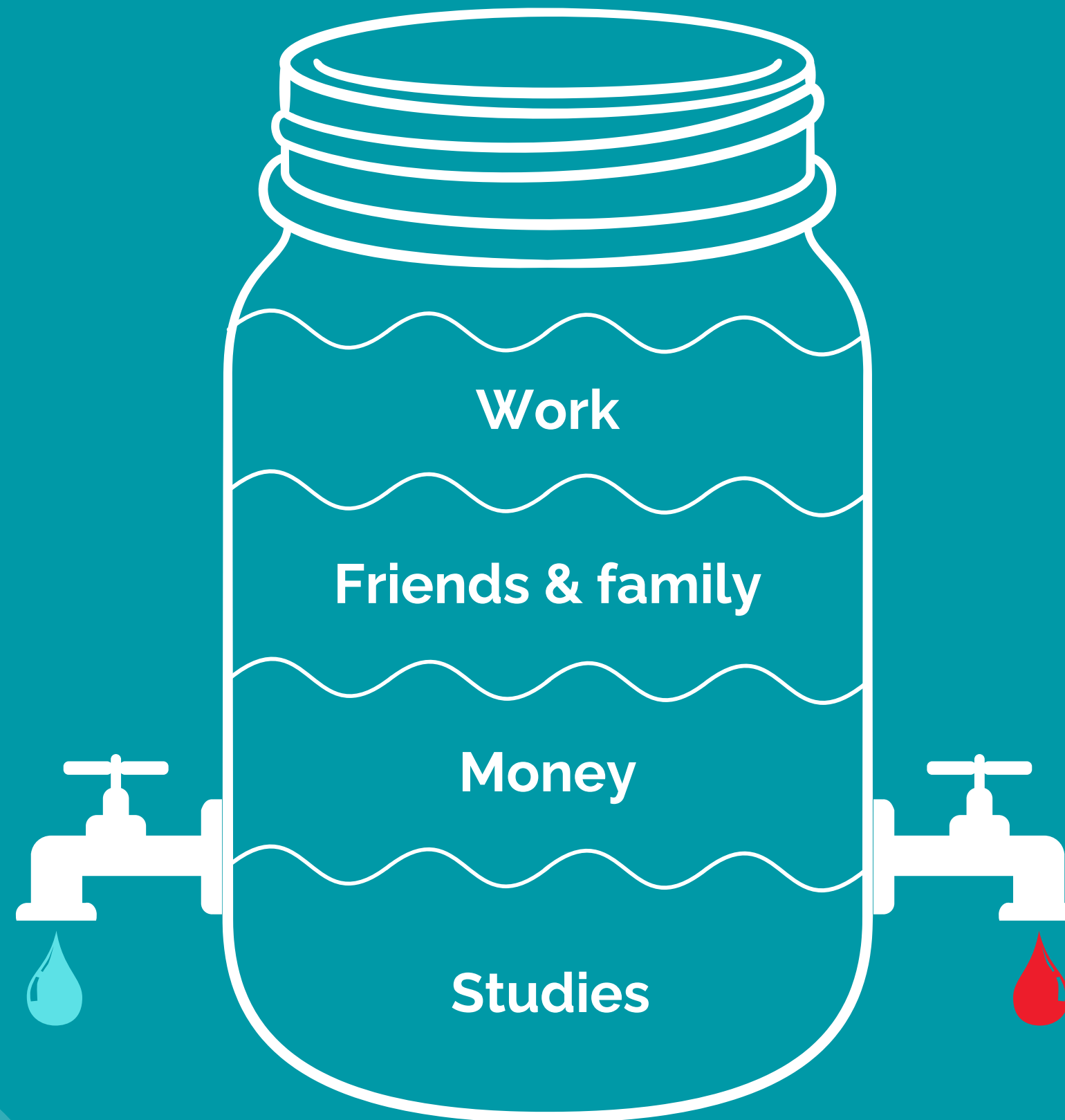
Main differences

- Reaction to being put under pressure
- How easily you can take in new pressures
- Impact on general wellbeing

Stress container

Helpful coping methods

- Talking to a friend
- Exercise
- Hobbies



Unhelpful coping methods

- Drinking, smoking
- Procrastination

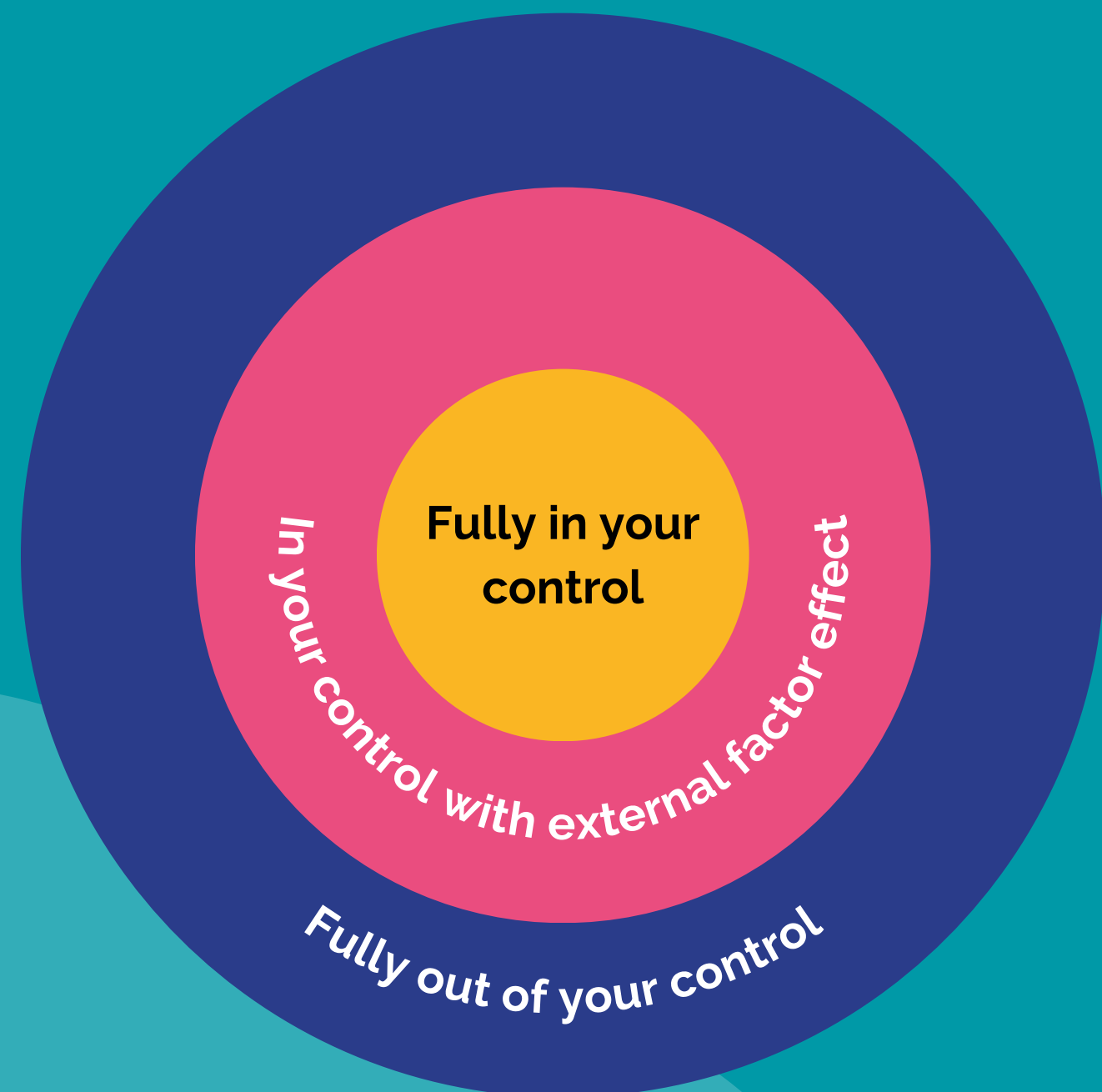
Stress container

What are your stressors & coping methods?

BRAINSTORM!

Stressors & prioritisation

What is needed and what isn't



Regular prioritisation - to-do lists, breaking down tasks

What affects it that's out of your control? - group projects, University communications, waiting times. **Is there anything you can do during the wait?**

Eliminate stressor - if fully out of your control, stress causing activation will not be helpful

Concentration & stress

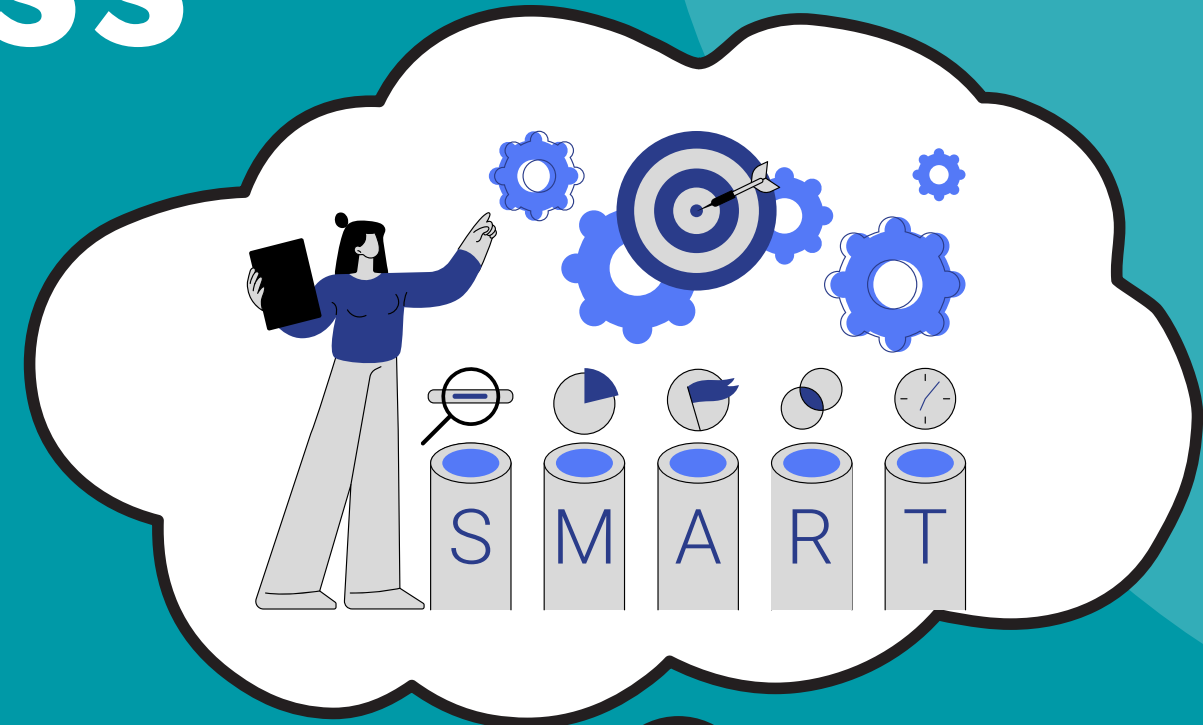
Being realistic about what you can do about it

When you're stressed you can't concentrate for long periods of time

- Breaking down tasks
- Short bursts of work
- Clear objectives!

Being realistic about your objectives

If you have never studied 2 hours straight it won't happen when you're stressed!



Breaking down tasks

Section tasks as much as you need

Poetry essay:

1. Do reading
2. Write essay
3. Submit essay



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Poetry essay:

1. Read recommended books
2. Plan essay outline
3. Write each outline point
4. References
5. Bibliography
6. Proofread
7. Submit



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Poetry essay (2000w):

1. Read recommended books
 - a. Chaucer
 - b. Shakespeare
2. Plan essay outline
 - a. Intro (200w)
 - b. Point 1 (500w)
 - c. Point 2 (500w)
 - d. Point 3 (500w)
 - e. Conclusion (300w)
3. Write each outline point
 - a. Eliminate distractions for 30 mins
4. References (MLA)
5. Proofread
6. Submit



Reward methods

Make sure you can see your progress!

To-do lists:

- Write down all your tasks and cross them off when they're done

Post-it notes:

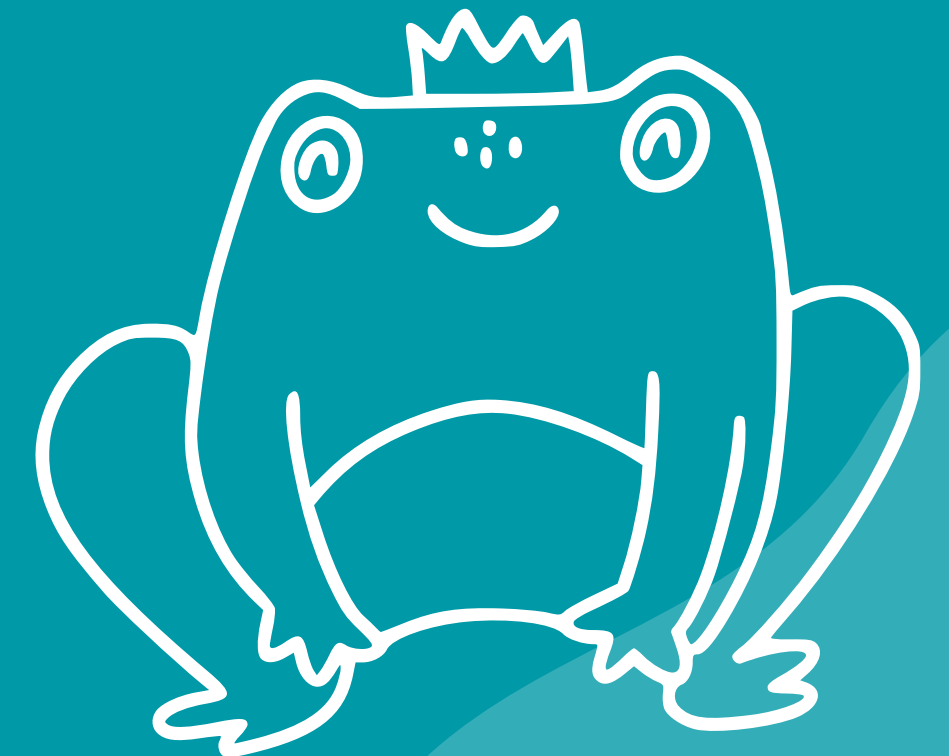
- All your tasks on a wall
- Take them down when done!

Colour the frog:

- Download an outline of your fave animal
- Set progress points
- Colour as you go!

Race with yourself:

- Can you write 200w in 10 minutes?
- Put a timer on!



In periods of high stress:

Instead of focusing
on the end result...



In periods of high stress:

...focus on your
immediate steps



Emotional resilience

Looking after your wellbeing while under pressure

Developing methods to deal with moments of pressure

Ability to recover from moments of pressure

Not a personality trait - something that is developed through experience

Sought after by employers!



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Questions?