

STRESS MANAGEMENT AND DESTRESSING

What is stress?
Stress is how we react when we feel under pressure or threatened. It usually happens when we feel out of control.

Common Stressors:

- School deadlines
- News
- Arguments
- Change of environment

And college can be a big stressor!



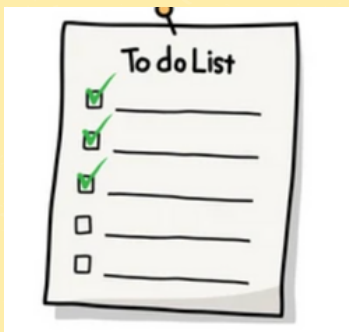
Pomodoro Method and Study techniques

The Pomodoro method is a great way to study so that you can avoid burnout and allow yourself small breaks while studying for a big test. For example: (30-10 or 60-20), where you work for 20 minutes and rest for 10 minutes or work for 60 minutes and rest for 20 minutes.



Nourishment and Sleep

Make sure that you are eating enough food and drinking enough water, otherwise it can be hard for you to concentrate. Studies show that while you sleep, neurons fire and help your memory.



Time Management

Prioritizing deadlines with a higher importance means that you are able to accomplish things that you deem more important. A useful tactic is to make a small manageable list of things to do each day and making sure to stick to it.



Rewards

Rewarding yourself with something small every time you accomplish something small is valuable in keeping you motivated.