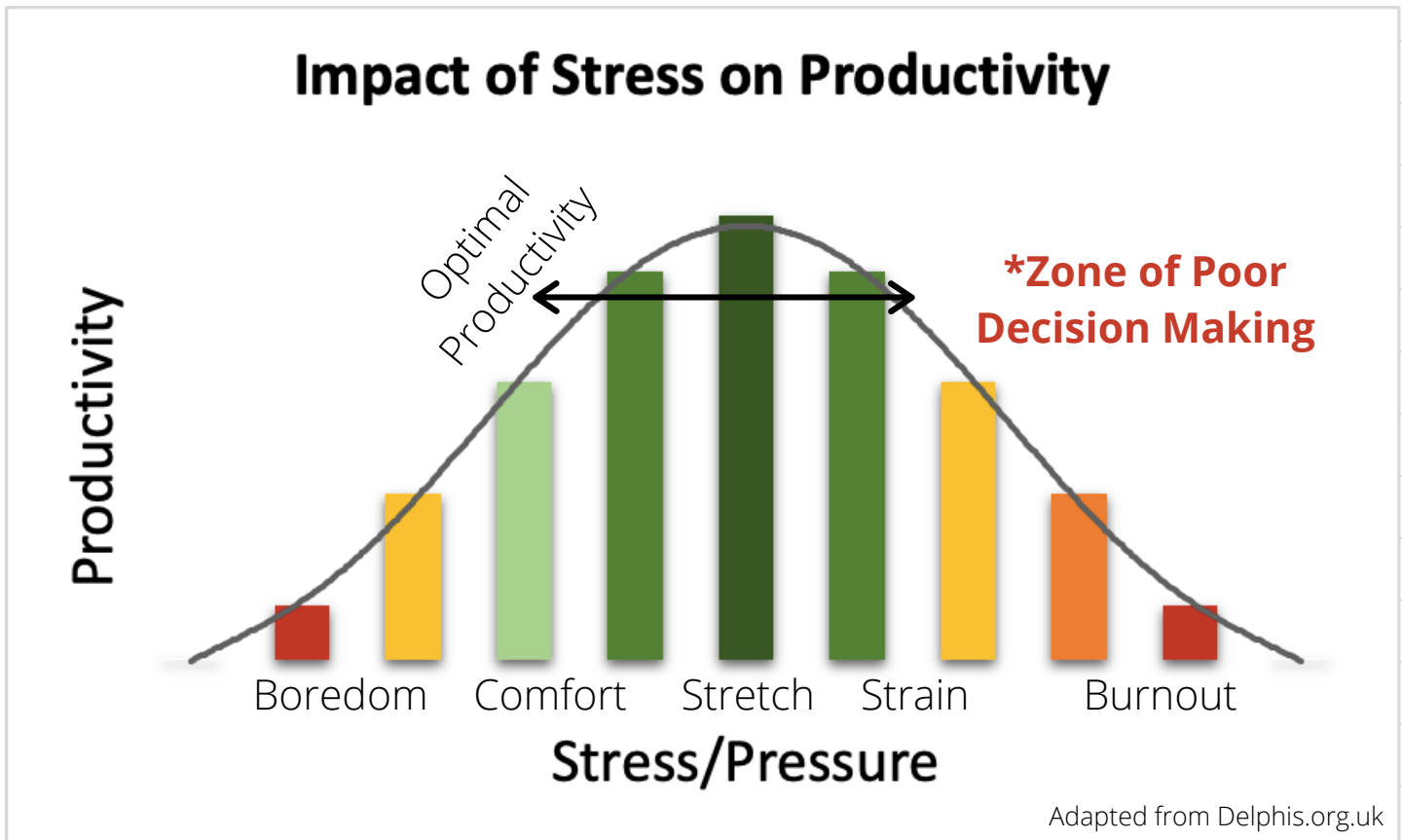


THE

STRESS CURVE



Boredom

- Too little stress
- Low motivation
- Poor performance



Optimal Performance

- Across comfort, stretch and strain levels



"Zone of Poor Decision Making"

- Fatigue
- Poor judgement



Burnout/Crisis

- Exhaustion
- Serious health problems
- Breakdown



Common Signs of Stress

Physiological

Increased heart rate

Sweating

Dry mouth

Headaches

Nausea and dizziness

Cognitive

Negative self-talk

Restlessness

Inability to concentrate

Difficulty making decisions

Emotional

Mood swings

Anger

Worry

Anxiety

Behavioural

Irritability

Loss of focus

Less coordinated movements

Fidgeting, nail biting

Stress eating

Strategies to Increase Pressure

Create a semester schedule



Look ahead with all your classes in mind to see how much time you really have

Break down work into steps

Review your guidelines and ask:
How long will each step take?
When do you plan to do them?



Reflect on past experiences



Maybe you can complete it in one night, but should you?
How did you feel last time?

Strategies to Decrease Pressure

Practice self-care

Schedule time for things that make you feel good!



Stress Management



Deep breathing
Muscle relaxation
Visualization

Make a plan!

Make a list of all the things you need to get done, then prioritize your top three to do!

