

# STRESS AND TIME MANAGEMENT 101

## Reflection:

---



---



---



---



---



---

## CALMING STRATEGIES

- Focus on Five Senses

---

- Progressive Muscle Relaxation

---

- Calming Breath Technique

---

## How are you going to utilize these techniques:

---



---

## The 4 A's:

• **Avoid**

---



---

• **Alter**

---



---

• **Adapt**

---



---

• **Accept**

---



---

	Urgent	Not Urgent
Important	<p><b>1 Urgent and Important (Emergency)</b>                      Looming deadlines                      Cramming for exams                      Last-minute preparations</p>	<p><b>2 Not Urgent and Important (Healthy Priority)</b>                      Planned study                      Planning your time                      Reviewing lecture notes                      Finishing presentations/papers</p>
Not Important	<p>Disruptive and noisy surroundings                      (Make Emergency calls)                      Time-wasting meetings/activities</p>	<p>Time-wasting activities                      (TV, Internet, etc.)                      Unplanned social events                      Unplanned meetings/activities</p>

## On Campus Resources

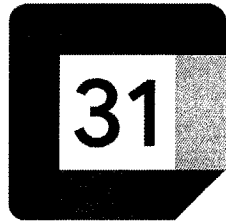
- **Academic Success Center:**
  - [asc.tamu.edu](http://asc.tamu.edu)
- **Rec Sports and Aggie Wellness Coaching**
  - [recsports.tamu.edu/fitness-classes/](http://recsports.tamu.edu/fitness-classes/)
- **Counseling and Psychological Services**
  - [caps.tamu.edu](http://caps.tamu.edu)
  - HelpLine: 979-845-2700
- **Office for Student Success**
  - [studentsuccess.tamu.edu](http://studentsuccess.tamu.edu)
- **Health Promotion**
  - [hp.tamu.edu](http://hp.tamu.edu)



# Helpful Apps

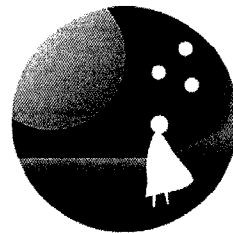
## Google Calendar

- A great scheduling app
- Can create multiple calendars under one account to separate your activities
- Also has a task/to do list function



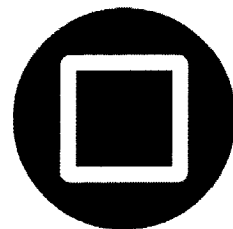
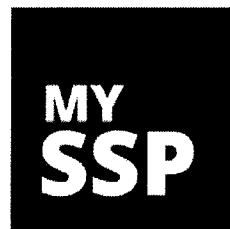
## Fabulous: Self Care

- Used for habit building
- Helps improve focus
- Multiple features to help with Self-Care
- Includes guided journaling and meditation



## My SSP

- Free 24/7 access of mental health support via chat or call
- Large resource library
- Connect with same counselor multiple times



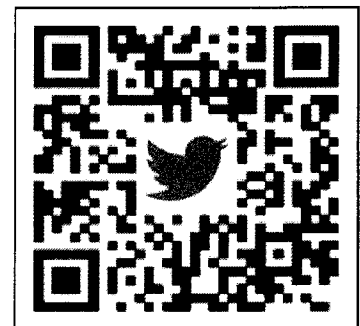
## Pomodone

- Pomodoro method based timer
- In app to do list
- Also has a chrome extension
- Time tracking feature
- Compatible with several other apps

## Connect with Health Promotion



@TAMUHealthPromotion



@TAMU\_HP