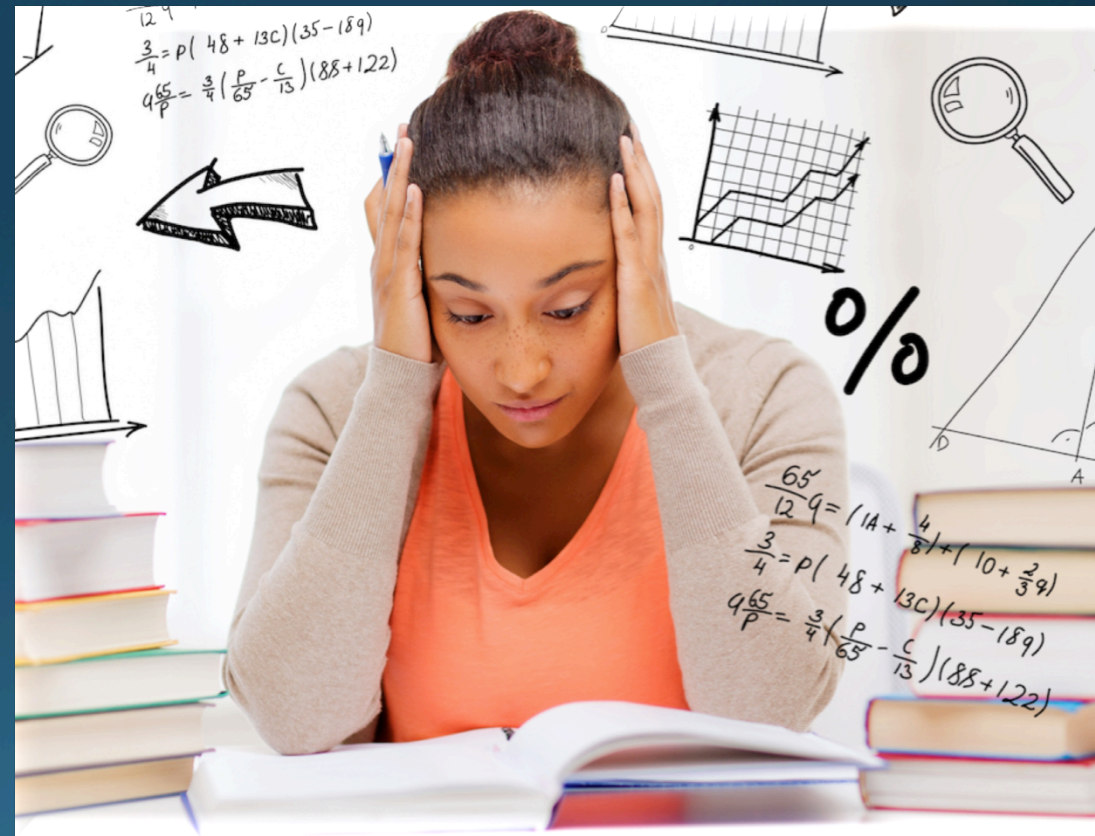


# Stress and Time Management

Kelvin Tee and Randi Mar

# Stress

- What is Stress?
- Do we need Stress?
- Why do we Stress?



# Side Effects



- Mood swings
- Change in appetite
- Compulsive or obsessive behaviors
- Social withdraw
- Constant tiredness
- Weight gain or lose
- Increased gambling, drug use or alcohol consumption
- Headaches
- Trembling
- Dry mouth
- Rashes or hives
- Heartburn or nausea
- Anxiety
- Increased anger and frustration

# Managing and Preventing Stress



- Take a break
- Exercise
- Laugh and smile
- Talk to friends and family
- Meditate or pray
- Change your perspective
- Go to counseling center
- Reduce caffeine and sugar consumption
- Think positive
- Look at the big picture
- Know your limits
- Get enough sleep
- Plan Ahead

# Time Management

Bello!



What is Time Management?



Why is Time Management so Important?





**Advantages of having good  
Time-Management**

**Disadvantages of having no  
Time-Management**

A pocket watch with Roman numerals on its face, surrounded by a pile of coins, symbolizing the value of time.

**How Do We Have good Time-Management?**

**Plan Your Day  
And  
Make It Happen**


**Don't Procrastinate**

JUST DO IT.



**Don't Multitask**

[https://  
www.wikihow.c  
om/Stop-  
Procrastinating](https://www.wikihow.com/Stop-Procrastinating)

A close-up portrait of Mr. Bean, the character played by Rowan Atkinson. He is wearing his signature brown tweed jacket, a white dress shirt, and a red tie with white polka dots. He has a wide-eyed, slightly mischievous expression on his face.

Being busy isn't the  
same as being effective

Good  
Time-Management is  
you work SMARTER  
not HARDER!!!!

# Works Cited

- <https://en.oxforddictionaries.com/definition/stress>
- <http://www.apa.org/helpcenter/manage-stress.aspx>
- <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress>
- <https://www.brainline.org/article/stress-management-how-reduce-prevent-and-cope-stress>
- <https://www.stress.org/stress-effects/>
- <https://www.harrisschool.edu/improve-your-time-management-skills-for-students/#.W5RGG-hKhPY>
- <https://www.psychologytoday.com/us/articles/200909/ending-procrastination-right-now>
- [https://www.mindtools.com/pages/article/newHTE\\_00.htm](https://www.mindtools.com/pages/article/newHTE_00.htm)
- [http://www.nbcnews.com/id/15818153/ns/health-mental\\_health-t/can-stress-actually-be-good-you/#.W5g-ZuhKhPY](http://www.nbcnews.com/id/15818153/ns/health-mental_health-t/can-stress-actually-be-good-you/#.W5g-ZuhKhPY)
- <https://my.clevelandclinic.org/health/articles/11874-stress>
- <https://abcnews.go.com/Health/StressCoping/story?id=467283>



The End