

# *Essential Tips*

courtesy of CEC-JPC

## *Stress Control Tips*

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# \* #1: Recognise Stress

- *Pay attention to what your body tells you*
  - Heart palpitations
  - Muscle constriction
  - Increased blood pressure
  - Easily angered and/or agitated
  - Zoning out
  - Excessive eating
  - Withdrawal
  - Nervous habits (e.g. pacing or nail biting)
- *“Prevention is better than cure”*

“When you control stress, it no longer controls you.”

“When you see it coming, you’ll learn to avoid it.”



# \* #2: Exercise - it's Cheaper than Therapy

- *Don't have time for exercise? Then use your legs instead of wheels.*
  - **Walk** instead of drive to a nearby place
  - **Take the stairs** instead of the elevator
  - **Park a little further** to add some walking to your day
- *Suggested walking challenge: "Out and Back" plan*
  - Walk for 5 mins, then get back to where you started within 5 mins
  - Too easy? Increase to 20 mins in total, to and fro
  - Increase 2 – 3 minutes a week until you have reached a 30-minute 'walking plan'

"React to stress in a positive manner."



# \* #3: Prioritise!

- Focus on what's important to you
- Differentiate Between URGENT and IMPORTANT
  - **Important:** Has outcomes that lead to achieving your goals, academically, personally or professionally.
  - **Urgent:** Immediate issues that demand attention. Outcomes usually lead to someone else achieving his/her goals.
- By understanding what is urgent, important and what is not, you will be able to zero in on them accordingly

“Worry about one thing at a time”



# \* #4: Maintain Balance

- **Work hard!**
  - Set your goals and achieve them.
  - Manage your time well.
- ***“All work and no play makes Jake a dull boy”***
  - Get in touch with family and friends.
  - **Talking about your problems** is one of the quickest ways to de-stress.
- ***“Rest to reap the best”***
  - Eat well-balanced meals.
  - Learn relaxation techniques.
  - Remember to **sleep** at least 8 hours a day.

“Work Hard!  
Play Hard!  
..and Sleep  
Hard!”



## \* #5: “Why So Serious?”

- “Laughter is the best medicine” – this also applies to stress
  - Keep a funny picture or anything near you that will make you laugh or smile.
- “Laughter is contagious”
  - Swap jokes; tell someone your joke then join in their laughter.
  - Watch a funny movie.

“Say  
Cheese!”



“What did one math book say to another math book?”

“Boy, do I have problems!”

*Tune in next week for more*

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