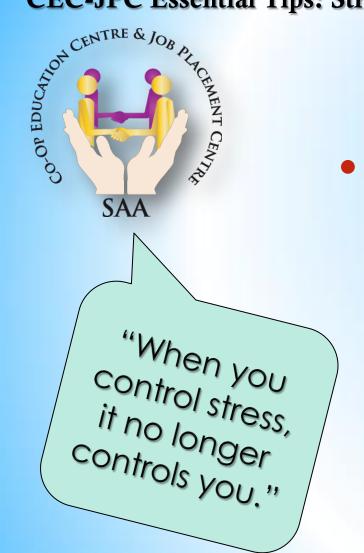


Essential Tips courtesy of CEC-JPC

Stress Control Tips

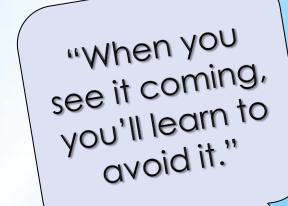
By Destenie Chua





### \*#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"



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

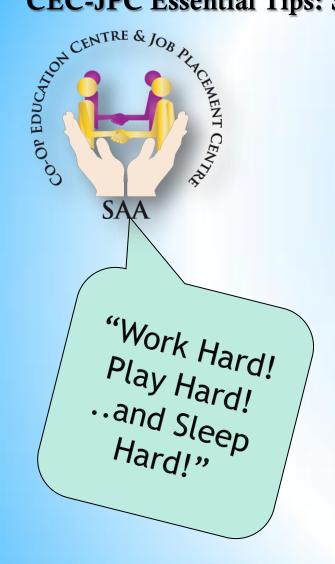
"React to stress in a positive manner."

- 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'



# \*#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



# \*#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.



## \*#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.

"What did one math book say to another math book?"

> "Boy, do I have problems!"



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# Tune in next week for more Essential Tips courtesy of CEC-JPC

