**Coping With Stress: #iCannotDeal**

What is Stress and how do I deal with it?

* Stress is a state of PRESSURE strain, or tension resulting from adverse or very demanding circumstances.

Method 1: #Spartaaaaaa!!!!!

* When experiencing stress, your body experiences a lot of physiological changes (List some below)
  + Increased Breathing Rate
  + Increased Heart Rate
  + Butterflies (Decreased Stomach Functioning)
* This is just your body creating energy in the form of adrenaline so Just Do it! (aka #Spartaaa!)
  + Don’t PROCRASTINATE just knock it out
  + Most of the time stressing over it is WORSE than actually doing it

Method 2: #TeamWERK

* When you are stressed your body releases a hormone called OXYTOCIN
  + Responsible for human behaviors associated with relationships and bonding
* Stress>> Oxytocin>> Human Connection>> ☟ Stress
* Use this to lean on friends, family, and teachers that can support you and help you out

Stress=Helper, not a Hater

Time Management

Good Time Management Skills are all about PRIORITIZING.

* Determine the order for dealing with a series of items or tasks according to their relative importance. (CREATE A TO-DO LIST)

Step 1: Actionize

* Use action VERBS & be VERY SPECIFIC.
* You are more likely to accomplish a task if you write it down.

Step 2: 45/15 Rule

* Create 2 lists. One list for things that you HAVE to do and another for things you WANT to do.
* Spend 45 minutes working on what you HAVE to do and then reward yourself with 15 minutes on what you WANT to do.

Step 3: Be Realistic and Honest

* Don’t set yourself up for failure. Set reasonable goals.
* Don’t have one of those #Really? Moments lol