Why is stress management important? How has stress affected your life?

Stress management plays a crucial role in maintaining physical and mental health, improving productivity and decision-making, enhancing relationships, increasing resilience, and ultimately leading to a higher quality of life. It involves adopting healthy coping strategies, seeking support when needed, and prioritizing self-care to effectively navigate and mitigate the effects of stress.

Being a university student and part-time worker at a logistics company, my biggest challenge is to establish a healthy work-life balance. It is difficult for me to find time for relaxation, hobbies, or self-care activities. Stress impacts my relationships with peers, friends, and family. The demands of my student and work life leave me with limited time and energy for socializing and maintaining connections. Sometimes it affects my ability to concentrate, retain information, and perform well academically. It can also lead to decreased motivation, difficulty focusing on studies, and increased anxiety surrounding exams or deadlines.

Identify three stress management techniques you are going to use to decrease your stress levels. How can you apply these strategies to your life? How will these strategies help you manage your stress?

The three main techniques I have learnt for effective stress management are:

1. Time management
2. Self-care
3. Social support

For my time management, I plan to use a planner. It will help me to organize my schedule. It will help me deciding and prioritizing important tasks over those which don't need a lot of effort or time.

In order to focus on my self-care, I plan to take some "ME time" for myself. In that time, I can focus on relaxing and do things which calm me, like listening to music, visiting a spa.

Lastly, I will try to reach out to my friends, family or colleagues whenever I think I need advice or help. I am also keeping my options open for social support or community groups that share my interest and can understand me.

In conclusion, managing my time effectively, I can reduce the pressure and anxiety that comes from having too much to do and not enough time to do it. By taking care of myself, I can boost my immune system, improve my mood and self-esteem, and cope better with challenges and difficulties. By having social support, I can feel less lonely and isolated, get feedback and guidance from others, and share my feelings and experiences with people who care about me.

Stress management tips for students (2022) *Psych Central* https://psychcentral.com/stress/stress-management-tips-for-students