

SELF MANAGEMENT SKILLS

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SELF MANAGEMENT



WHAT IS STRESS MANAGEMENT?

Stress is the body's reaction to any change that requires adjustment or response.

Stress Management refers to techniques and strategies used to handle stress effectively.

Goal: To maintain emotional stability, productivity, and health under pressure.

CAUSES OF STRESS

- Academic pressure and deadlines
- Personal or family issues
- Unclear goals and expectations
- Peer pressure or social comparison
- Poor time management

SYMPTOMS OF STRESS:

- **Physical:** Headaches, fatigue, disturbed sleep
- **Emotional:** Irritability, anxiety, low motivation
- **Behavioral:** Procrastination, overeating, withdrawal
- **Cognitive:** Difficulty concentrating, negative thinking

TECHNIQUES TO MANAGE STRESS

- **Relaxation Methods:** Deep breathing, meditation, yoga
- **Time Management:** Prioritize tasks and set realistic goals
- **Healthy Lifestyle:** Balanced diet, regular exercise, proper sleep
- **Positive Thinking:** Focus on solutions, not problems
- **Social Support:** Talk to family, friends, or mentors

BENEFITS OF STRESS MANAGEMENT

- Improved focus and performance
- Better emotional health and decision-making
- Increased energy and motivation
- Stronger relationships
- Overall well-being and life satisfaction

UNDERSTANDING SELF-AWARENESS

- Self-awareness is the ability to recognize your emotions, thoughts, and behaviors.
- It helps you understand how you respond to situations.
- Foundation of personal growth and emotional intelligence.

Importance of Self-Awareness

- Helps in setting realistic goals
- Improves relationships and communication
- Enhances decision-making
- Promotes self-confidence and emotional balance

STRENGTH ANALYSIS

- **Strengths** are qualities or abilities that help you perform well.
- Examples:
 - Good communication
 - Leadership ability
 - Problem-solving skills
 - Creativity and adaptability
- Identify strengths through feedback, reflection, and achievements.

WEAKNESS ANALYSIS

- **Weaknesses** are areas that need improvement.
- Examples:
 - Poor time management
 - Lack of confidence
 - Difficulty saying “no”
- Ways to improve:
 - Take small steps for change
 - Seek guidance and training
 - Turn weaknesses into learning opportunities

TOOLS FOR SELF-AWARENESS

- **SWOT Analysis:** Strengths, Weaknesses, Opportunities, Threats
- **Personality Tests:** MBTI, Big Five
- **Reflection Journals**
- **Feedback from Peers/Mentors**
- **Mindfulness Practices**

WHAT IS SELF-MOTIVATION?

Self-motivation is the inner drive to achieve goals without external pressure. It's about **believing in your purpose and taking consistent action**. Key to success, growth, and resilience.

COMPONENTS OF SELF-MOTIVATION

- **Desire:** Wanting to achieve a goal
- **Commitment:** Willingness to put in effort
- **Initiative:** Taking proactive steps
- **Persistence:** Continuing despite challenges
- **Optimism:** Believing in positive outcomes

TECHNIQUES TO BUILD SELF-MOTIVATION

- Set SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- Visualize Success
- Reward Yourself for Progress
- Stay Around Positive People
- Track Small Wins

Overcoming Demotivation

- Identify the reason (fear, failure, fatigue, or distractions)
- Break big goals into smaller tasks
- Rest and recharge when needed
- Focus on purpose, not just results
- Learn from mistakes — treat them as feedback

BENEFITS OF SELF-MOTIVATION

- Enhances performance and productivity
- Builds resilience and confidence
- Improves focus and goal achievement
- Encourages lifelong learning
- Leads to success and satisfaction

THANKS