

Stress Management for Students

Balancing Academic Life and Well-being

| What is Stress?

- The body's reaction to challenges or demands.
- Common among students due to exams and social life.
- **The Goal:** Not to eliminate stress, but to manage it effectively.

| Common Causes of Stress

- Academic pressure (Exams & Grades).
- Poor time management.
- Lack of sleep.
- High expectations from family or self.

Signs to Look For

Physical: Headaches or tiredness.

Emotional: Feeling overwhelmed or irritable.

Mental: Lack of focus and constant worrying.

| Strategy 1: Time Management

- **To-Do Lists:** Prioritize your tasks.
- **Pomodoro Technique:** 25 mins study / 5 mins break.
- **Start Early:** Avoid last-minute panic.

Strategy 2: Healthy Lifestyle

- **Sleep:** Aim for 7-9 hours per night.
- **Nutrition:** Eat balanced meals to fuel your brain.
- **Exercise:** A 10-minute walk can lower stress.

| Strategy 3: Relaxation

- **Deep Breathing:** Simple exercises to calm down.
- **Positive Self-talk:** "I will try my best."
- **Mindfulness:** Focus on the present moment.

| Strategy 4: Social Support

Talk to friends or family about your feelings.

Study in groups to stay productive.

Don't be afraid to ask teachers for help.

| Benefits of Management

- Higher academic performance.
- Better mental and physical health.
- Increased energy and creativity.

| Conclusion

"Your grades do not define your worth. Take care of yourself first."

Thank You!

Any Questions?