

Stress Management Workshop

Daniel F. Casella, M.A., LMFT

Psychological Health Services Supervisor

- I. Protect Your Health
 - A. Get plenty of rest; i.e., get a minimum of eight-hours sleep per day.
 - B. Eat three meals per day; balancing the food groups.
 - C. Drink eight glasses of water per day.
 - D. Minimize alcohol and caffeine intake.
 - E. Exercise a minimum of twenty-minutes, three days per week.

- II. Establish short, medium, and long range goals for yourself.
 - A. Strategize your response to stressful circumstances.
 - B. What can you do about the issues you are facing immediately; five minutes from now; One-hour from now, one day from now; one week from now; one month from now; six Months from now; one year from now, etc.
 - C. Devise a plan for daily studies; i.e., prioritize subjects from most critical to least critical; blocking out time for each course.
 - D. Set aside time for recreation/relaxation daily; i.e., take as little as ten to twenty minutes per day to listen to music; take a walk; etc.
 - E. At the end of a school day; take one hour to relax, have a healthy cold drink; then plan out your study schedule.

- III. Coping with non-productive thinking.
 - A. Make three positive self-affirmations daily.
 - B. Practice thought-stopping and positive self talk, as opposed to ruminating about your difficulties.
 - C. When you get stuck; e.g., you experience writer's block; take a break, then come back to your work .
 - D. Give yourself positive messages; e.g., I can do this. I've attended all the lectures and done my homework.
 - E. Plan on rewarding yourself, after you have accomplished your goals; e.g., " After I complete two hours of work, I can play a computer game.