

ROUTINE: Use routine to create structure in times of uncertainty and stress. Stress deregulates the mind and routine can help to regulate it

- **Adopt a routine 9-5; 10-6;** whatever is your best. Get up, showered dressed and ready to study
- A plan for each day

CLEAN and TIDY PHYSICAL SPACE helps to bring clear headspace

Ideally, a **clear desk** in a tidy room. If you need to work in your bedroom, tidy it and keep your desk orderly

Follow your ENERGY

When are you most alert- morning, afternoon, evening? Do tasks that need most attention during this time eg. New topic; writing assignment

STUDY SKILLS

Routine: Clean Space: Energy Organise; Prioritise Realise

Planning - THE BIG PLAN

- Use the overview for each module to identify topics you need to learn for each module
- Assessments and due date and value % of each
- Put this on the wall

The main event: WEEKLY PLAN

Make a list of everything you plan to cover this week. Perhaps take 30 mins on Saturday to do this on a weekly planner.

First put in lectures and tutorials then create 2 hour study blocks in the white spaces to designated as study time.

Be Specific – the DAILY PLAN:

Put a **specific** topic from the list into each specific study block. This creates a daily to do list. Leave a couple of blank slots towards the end of the week so if something takes longer on any day you continue the current topic and move the next one into one of the blank spots.

FOCUS - one day at a time/ one task at a time: Each day check the day's list and aim to **focus only** on that day's work

STUDY like an ATHLETE - Take breaks to rest and recharge

Taking a break makes you more effective and efficient. Short breaks in the 2 hour study block refreshes your attention span and you absorb more. Longer breaks between the two hours to recharge (like a battery). Athletes adopt this, train hard, rest, recharge, train hard, repeat. Without resting in between they would get injured

*Resilience helps us to maintain our wellbeing in difficult circumstances. It is our ability to bounce back from a challenging experience quickly, to adapt well to change and to keep going when facing adversity.
Developing our resilience can protect us from some mental health difficulties*

5 pillars to help Manage Stress & Build Resilience: Rate yourself out of 5 for each one: aim to improve a little each day

Physical

Exercise, a walk, skipping anything active

Food, eat healthily

Hydrate - drink 2l of water. Avoid caffeine, alcohol, energy drinks

Rest - between tasks on the list in study plan

Emotional

We perform **at our best** when we feel good about ourselves.

In the morning write down **3 things you are grateful for**. Next write down your **3 priorities for the day** – to bring focus to your day (maybe under themes of health, study, connecting)

Mental energy FLOW - we

are most effective when doing one task at a time.

Make your day **sustainable**: Focus (90 mins); Rest and Recharge; Repeat

Manage distractions. Set times for phone, Netflix, chats. Eg. turn your phone off and check it at certain times eg. 11.00; 13.00; 17.00

Spiritual energy

Our sense of purpose and meaning in life - what matters most to you. Make a list. Find time to do something from this each day if possible

FUN - find time for this to boost your spirit

SLEEP - the most important. Getting quality sleep rests your brain and body so that you recharge and perform better. Sleep at least 7/8 hours per night. Establish better sleep by going to bed at the same time and getting up at the same time. Also avoiding technology for 1 hour before bed; establishing a bedtime routine - shower, music, breathing exercise

ACTIONS

Limit time spent on the news and other information about Covid-19.

Engage in healthy distractions

Make a list of activities & health distractions Use them when you need to relax or during study breaks and before you sleep

Physical activity even 5 minutes can help raise your mood. Longer is better

Set **realistic goals** and **expectations** of yourself

STRESS BUSTERS no 1

BREATHING

You can do this anytime and anywhere. Do it whenever you feel stressed.

When you are feeling anxious or stressed focussed breathing can help reset your brain to a calmer state quickly

Breathing 4:2:7. Breath in and **count** to 4; hold for 2 and breath out for a count of 7.

When breathing out drop your shoulders and breath as though through a straw, breathe out the stresses

Meditation Apps - try CALM, HEADSPACE, INSIGHT TIMER

SUPPORT

TALK - talk to your family, friends, staff to help you to understand how to manage what you are doing in a better way or just to have a listening ear or even a rant

Find your tribe and connect more important than ever as we are housebound
Identify 3 - 5 people to connect with daily, alternate days or weekly
Connect via WhatsApp, Hangouts, Zoom, Skype to see them

STRESS BUSTERS no 2

Circle of control - gaining perspective



Bring your focus to what is in your control and work with that. If you find your mind straying to what is beyond your control, go back to the circle of what is in your control and refocus on that

Dealing with ANTS - automatic negative thoughts

The way that we view the situation rather than the situation that makes us feel sad, anxious or afraid. We can choose how we **respond** to challenges that arise

I'm stuck in the house

vs

I'm safe in the house

Write down what you are thinking when you are stressed and then **ask is it true?**

- How do I feel?
- What is the worst thing that could happen?
- How can I survive it?
- What is the best thing that can happen?
- What advice would I give my friend in this situation?
- How can I think about this differently?

What is Stress, stressors, how does it impact us and what can we do to counter it ?

STRESS occurs when the demands placed on us exceeds our capacity to respond

Dealing with CHALLENGES or UNCERTANTY

When we experience these, it is natural to be stressed. At the moment, we are all experiencing uncertainty, isolation, new routines. For some, there is loss of income and managing very busy households amongst other challenges

When things are difficult, we can acknowledge that we can't change the situation however we can try to accept it

It is what it is
This too shall pass

Stressor
Uncertainty, fear,
finances

Our mind responds by activating and flooding our bodies with hormones which cause physiological symptoms that we feel when we experience anxiety which include: heart rate increases, rapid breathing, sweaty palms. Disregulates our mind and body

Impacts of stress

Physical -
headaches,
fatigue,
frequent
infections,
tight muscles

Emotional -
Irritability, anxiety,
apathy, loss
of confidence,
feeling guilty,
feeling angry

Thinking -
worrying exces-
sively, feeling
confused, negativity,
difficulty
making decisions

Behaviour -
eating more
or less, drinking or
smoking more,
lack of sleep,
crying

Breathing exercise 4-2-7 focus to deactivate stress physiology, calm and regulate your body and mind. Breathe in for 4 through your nose, hold for 2 and out for 7 as though through a straw. Focus on counting as you breathe. Do this for 1-2+ minutes