

Stress Management

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What stresses you out?

Agenda

1

Organization

Plan out your days and prioritize what you want to do with your time

2

Socialization

Surround yourself with a support system

3

Habits/Hobbies

Find time to do things you want to do

4

Questions

Ask any questions you still might have

1

Organization



Why stay organized?

- Reduces stress
- Increases productivity
- Improves relationships
- Limits distractions and wasted time figuring out what to do and when to do it by
 - Use that time to do something you enjoy
 - Or sleep!
- Maximize time spent at peace

How to stay organized?

Google calendar!!!

- Creating different calendars for different types of events (e.g. classes, OH times, meetings, org commitments, fun events, etc.)
- Blocking off study sections
- Planning tomorrow at the end of each day

****DEMO****



How to stay organized?

Agendas

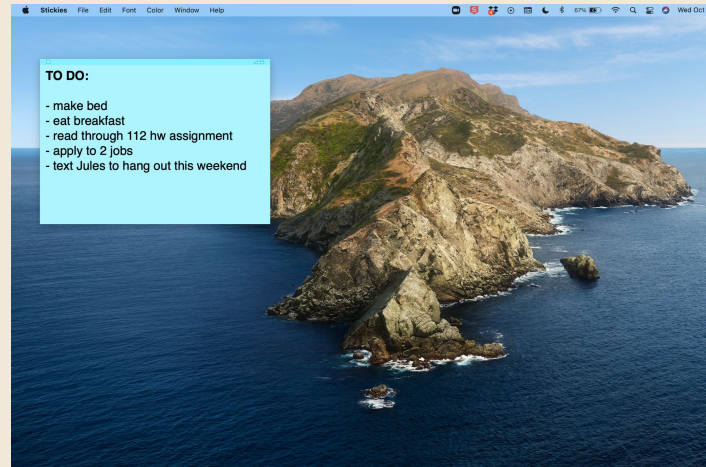
- Physical satisfaction in checking something off
- Remember assignments and deadlines better if you write them down



How to stay organized?

To-do lists

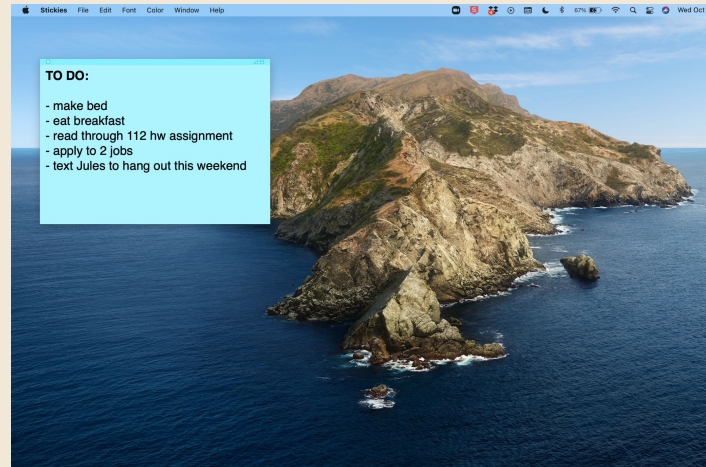
- At the end of each day, make a to-do list with tasks for next day
- Just dump out everything you can think of, then shorten the list and be realistic!
- Include tiny, achievable goals
- Notes app
- Sticky notes (physical or virtual)



How to stay organized?

To-do lists

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How to stay organized?

Tell someone what you're gonna do the next day

- Mentally plan out the things you need to do tomorrow
- Hold yourself accountable





How do you stay organized?

2

Socialization



Why talk to people?

- CMU coursework can make you feel super disconnected to the outside world
- Remind yourself that other people exist!
 - And they have really cool thoughts sometimes
- Break out of the bubble of psets/CS/school work/academics
- Feel connected and like you belong here
- Build a support system and be that for someone else

Ways to Stay Connected

- Aim to eat at least one meal with another person every day
 - Don't be afraid to reach out!
 - You're (hopefully) gonna be eating anyway
- Call / talk to someone
 - Family
 - Friends from home
 - Friends in the dorm across campus that's too far to walk to
- Make non-CS / non-major friends
- **Join an org (or multiple orgs) on campus!!**



3

Habits/Hobbies



Good Habits

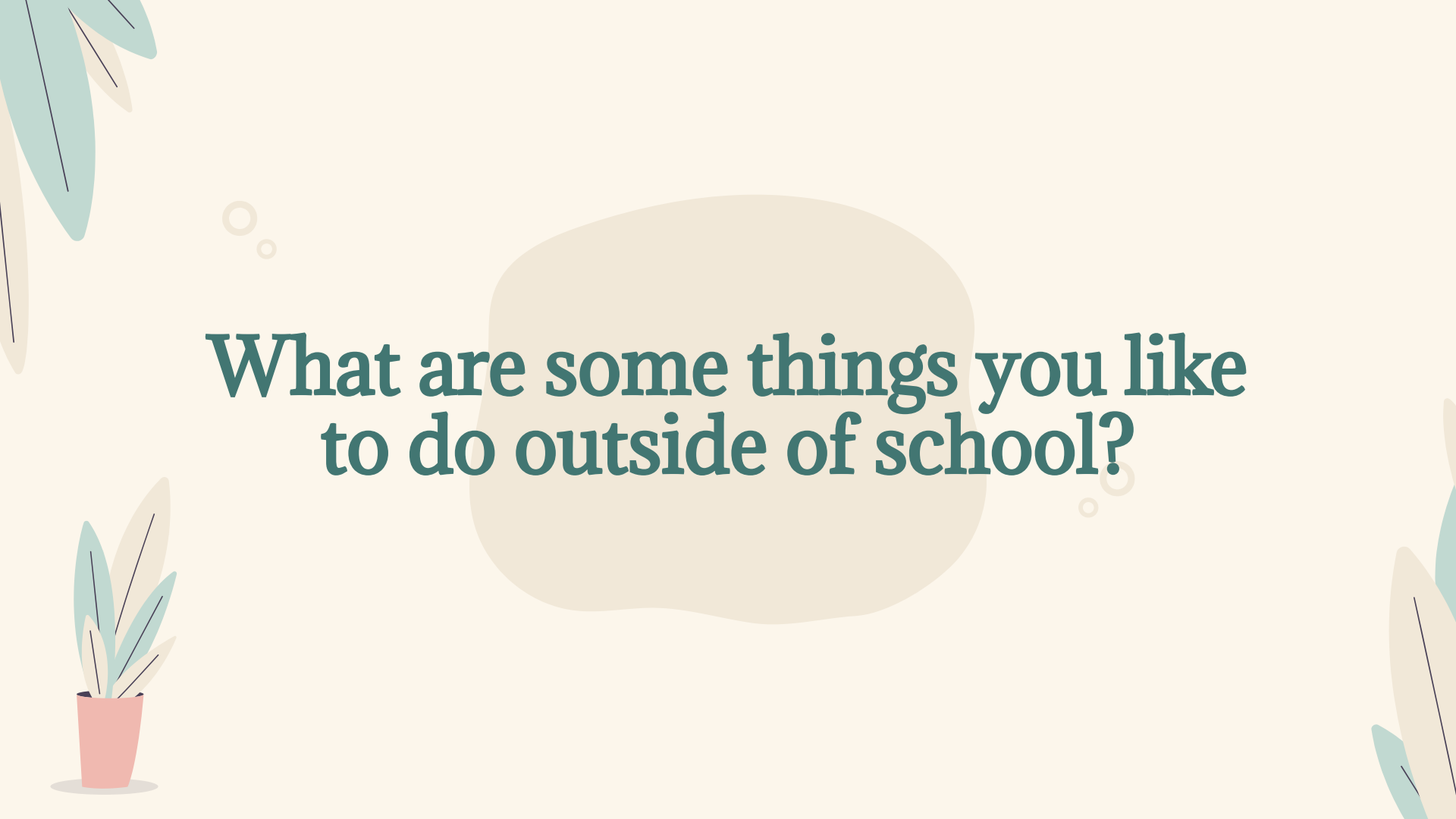
- If you get stuck for more than an hour on an assignment MOVE ON
- Make OH a regular part of your week, **1 hour in OH could equal 10 hours on your own**
- Start assignments early
- Find your workstyle
 - Interweaving assignments vs sticking to one at a time and grinding it out
- Work with people if it helps you
- Take a break!
- Eat, sleep, hygiene, work out

Overcoming Anxiety

- If you feel like you're drowning, deadlines are piling on, and you feel complete existential dread and anxiety:
 - Stop what you're doing (seriously)
 - Take a short break and calm your mind (meditate, walk, yoga, rant, music, whatever brings you clarity of mind)
 - With a clear mind, make a mental plan
 - Grind time baby
- It's all about working smart and using your mind to its fullest capabilities, understand yourself

Asking for Help

- Don't be afraid to ask for help!
 - Friends, family, professors, academic advisors, etc.
- Therapy is for everyone <3
 - (CaPS) consultations, referrals to third-party therapists, confidentiality, professional advice
- It's okay to want help

The background is a light cream color. In the top-left corner, there are several stylized leaves in shades of teal and light green. In the bottom-left corner, there is a small potted plant with a red pot and several teal leaves. In the center, there is a large, light beige, irregularly shaped speech bubble. The text is centered within this bubble. There are also a few small, light beige circles scattered around the bubble.

**What are some things you like
to do outside of school?**

Fun Hobbies

- Exercising
- Taking a walk
- Listening to music
- Meditating
- Drinking Tea
- Gaming
- Cooking
- Grocery shopping :D
- Chores (it's rewarding!)
- Anything that makes you happy!

Music

- Varies by person, but could have immense impact on your work ethic
- Choose the right music!!!
- Relaxation: Classical music, lofi, **Jazz**, ambient, folk are good choices
- Happy/hype music before tests/starting work
- Angry music to let out steam, it's like punching a wall but socially acceptable!
- If you play an instrument that's great too!
- With music and other good habits you can unlock a higher level of control over yourself and your mind
 - ⇒ better work, happier life, more time ⇒ success!

The background is a light cream color. It features several decorative elements: stylized leaves in shades of teal and light beige are scattered around the edges. In the bottom-left corner, there is a small illustration of a potted plant with teal leaves in a reddish-pink pot. A large, soft-edged, light beige shape is centered on the page, serving as a backdrop for the text. There are also a few small, light beige circles scattered around the central shape.

Last bit of advice to keep in mind if you're
really going through it...



**It always gets better, and you
will get through it.**

4

Questions?



Thanks for coming!!

Come to us if you haven't checked in!

You can use the remaining time to work on revamping your calendar / planning tmrw / anything you think would help set yourself up for success.

Don't forget about coffee chat sign ups :) Check out the [pinned post on Piazza](#) if you're interested