

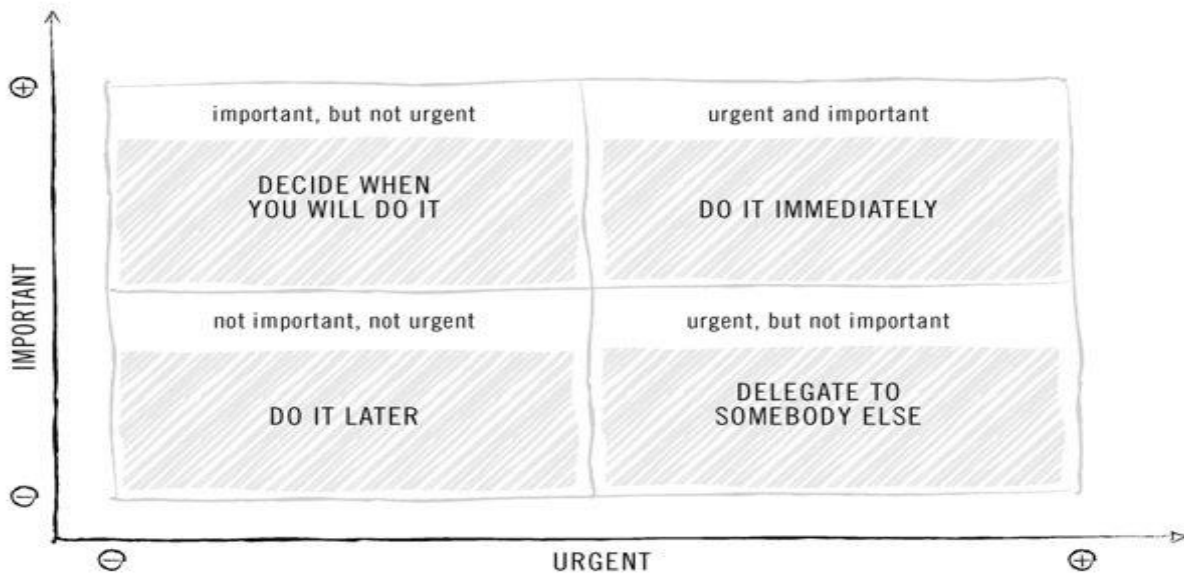


Stress Management

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. One key to managing stress is to remember that stress is not inherent in any event; it lies in how we perceive that event.

Step 1: Recognize Stress	Understand that stress is going to happen.
Step 2: "Stop" the Stress	When a stressful situation occurs, stop. Take time to understand the stress before you respond to it.
Step 3: Organize the Stress	Is this stress out of your control? Is the stress immediately going to impact you?
Step 4: Respond to the Stress	Now that you've organized the stress, respond to it appropriately.

Use an Eisenhower Matrix to help organize stressors.



For more information on stress management strategies:

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