



HOW WILL YOU

choose

TO RESPOND



TO WHAT HAPPENS



today?



FIND WAYS TO MANAGE PRESSURE
www.wgtn.ac.nz/wellbeing



Pressure

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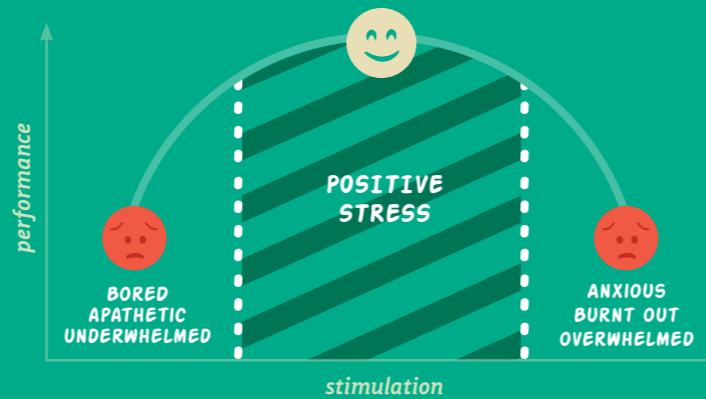
Pressure

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WE ALL FEEL
Stress at times

DID YOU KNOW?

A certain kind of stress gets you in the 'flow' of things.



Positive stress happens when you are doing a desirable task that you need all of your skills/resources to complete.



Negative stress happens when you are experiencing more demands than you can handle.

Flow

Have you ever been in flow? Some tasks that can get you into flow are: listening to music, exercising, studying, talking to a friend and drawing.

How to get in flow more often:

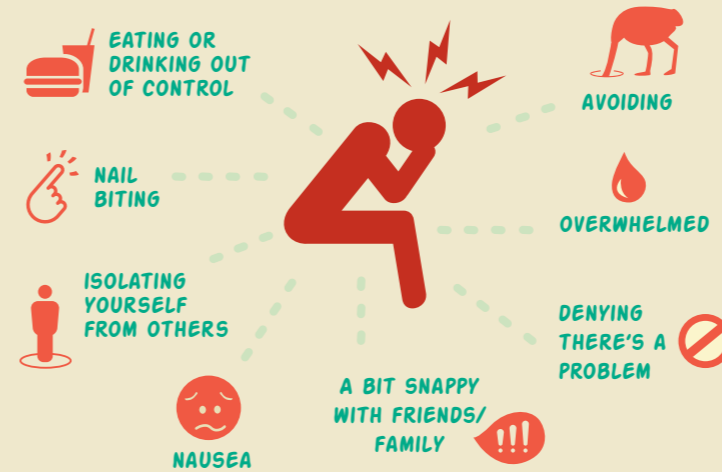
- Recognise what skills you need to work on and take action.
- If in doubt, ask for help! Classmates, support services and lecturers/tutors are some people you could reach out to.

Check out the Study Hub for tips
wgtn.ac.nz/student-learning/studyhub

“WHEN YOU CHANGE YOUR MIND ABOUT STRESS, YOU CAN CHANGE YOUR BODY'S RESPONSE TO STRESS.”

- KELLY MCGONIGAL, health psychologist

WHAT DOES NEGATIVE STRESS LOOK LIKE?



FEELING THE PRESSURE?



Google these great TED talk videos to learn more about flow and stress:
Flow: The secret to happiness and How to make stress your friend

BE KIND TO YOURSELF

Sometimes, our biggest source of pressure comes from what we tell ourselves. Be kind to yourself.

Try a new personal mantra today.

- 1# I'm excited about where I am headed.
- 2# I'm more capable than I think.
- 3# If I don't know, I'll figure it out.
- 4# I'm strong, I'm safe and I accept myself as I am.

HEALTHY HABITS

How to build your resilience to pressure:

Sleep
Adequate sleep can improve memory and build your immunity to keep you well. How much sleep? You should wake up feeling energised.

Food
Sugar and caffeine only give spikes of energy, which lead to crashes. Fuel your body with nutrient-rich foods for sustained energy, e.g. nuts, fruits and veges.

Focus on what you can do
When the pressure is on, things can feel out of control. Breathe, be in the moment and focus on what you realistically can do—then do it!

Reach out to others
Build a network of friends and whānau to turn to when the pressure is on.

Practice positive self talk

“BE NICE TO YOURSELF. IT'S HARD TO BE HAPPY WHEN SOMEONE IS MEAN TO YOU ALL THE TIME.”

- CHRISTINE ARYLO, author

Pressure during exam time

What happens when you actually 'blank out'?

Blanking out is when the pressure of exams has heightened your emotions too much.

Try this technique:

- Turn your exam paper over, close your eyes and breathe deeply for 1 minute or so. Bring your heart rate down to normal and say to yourself, "I can do this".
- Open your eyes, turn the paper over and scan for familiar words or diagrams.
- Start with what you know and recognise and build confidence for the rest.

If you're feeling like you're under too much stress and pressure, we have services that can help.

Free to take!

For a list of our support services, go to:
wgtn.ac.nz/students/support

