HOW WILL YOU CHOOSE TO RESPOND TODAY?

TO WHAT HAPPENS TODAY?

FIND WAYS TO MANAGE PRESSURE
www.wgtn.ac.nz/wellbeing
We all feel stress at times

TO WHAT HAPPENS

How will you choose to respond today?

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 into 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.

WHAT DOES NEGATIVE STRESS LOOK LIKE?

• Eating or drinking out of control
• Nail biting
• Isolating yourself from others
• Denying there’s a problem

Feeling the pressure?

Try

Taking action
Deep breaths
Reading a good book
Meditation
Baking
Exercising
Talking with someone
Being in nature
Time with friends/family
Listening to music

Positive habits

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 veggies.

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.

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.

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