



Tips to maintain your time management and mental health

01

STRESS & STRESSORS

Stress is a physical or psychological threat
Stressors is environmental (wildfire, war) or psychological (major life event, deadline)

Q. What are a few stressors you are currently experiencing?



02

STRESSORS TRIGGER

The nervous system - fight (arguing), flight (procrastination), freeze (indecision)

The limbic system - amygdala (anxiety), hippocampus (poor)

The immune system - fatigue, appetite changes, body aches, mental fog

Q. How does stress impact your systems?

03

PSYCHOLOGICAL FUNCTIONING & STRESS

Many of the thoughts, feelings, and behaviors we experience when we are stressed are similar to symptoms associated with psychological disorders: thinking things are all bad, sadness, irritability, anxiety, numbness, guilt, appetite and sleep changes, poor concentration, poor motivation.

Q. What are a few thoughts, feelings, or behaviors you experience when you are stressed?

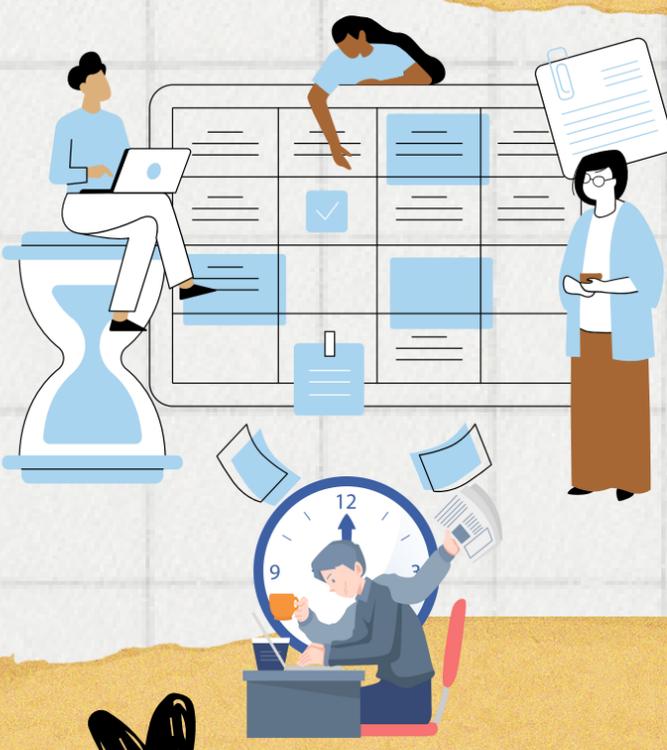


04

TIME MANAGEMENT

To manage our time we need to be able to concentrate, make decisions, plan and organize. We need our frontal lobes. To do that we need to engage the parasympathetic nervous system (rest & digest).

Q. What are a few things you can do that are restful or calming?



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"Self-care is not self-indulgence, it is self-preservation."
- Audrey Lorde

"The key is not to prioritize what's on your schedule, but to schedule your priorities."
- Stephen Covey