

## Identify your triggers.

Working out what triggers stress for you is the starting point. It can help you anticipate problems and think of ways to reduce or remove them. Even if you cannot avoid the situation, being prepared can help.

Triggers to consider could include:

- **Issues that come up regularly**, that you worry about, such as asking questions or standing up in class.
- **One-off events that are on your mind a lot**, such as taking an exam.
- **Ongoing stressful events**, like having to be a carer for other family members.

Can you think of any personal triggers of stress?

You may surprise yourself by how many you have listed and how much you are coping with at once. Remember not having enough work, activities or change in your life can be just as stressful as having too much to deal with.

**Identify your best time of day** – Do the important tasks that need the most energy & concentration at the time e.g. you may be more of a Night Owl than Morning Lark. (More focused in the evening than morning).

When in the day are you the most focused? AM  PM

**Organise your time** - Adjusting the way you organise your time could help you feel more in control and able you to handle pressure.

Do you organise your time well? Y  N

**Make a list** – Arrange what you need to do in order of importance & try to focus on the most urgent first.

**Try not to do too much at once** – If you take on too much you might find it harder than to do an individual task well. This will make you feel like you have even more pressure on you.

**Vary your activities** – Balance interesting tasks with more mundane ones, and stressful tasks with those you find easier to do.

**Take breaks and take things slowly** – It might be difficult to do this when stressed but it can make it more productive.

**Accept things you cannot change** - It isn't easy, but accepting that there are just some things happening to you that you probably cannot do anything about, will help you focus your time and energy more productively on things you can change.