

COPING with STRESS **at SHERIDAN**



**Presented by: Nancy Harries,
Counselling Services**



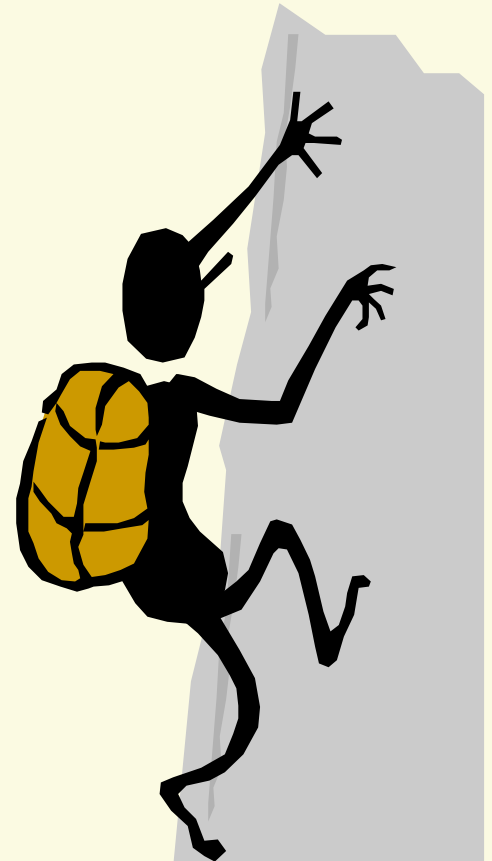
**Counselling
Services**



Sheridan

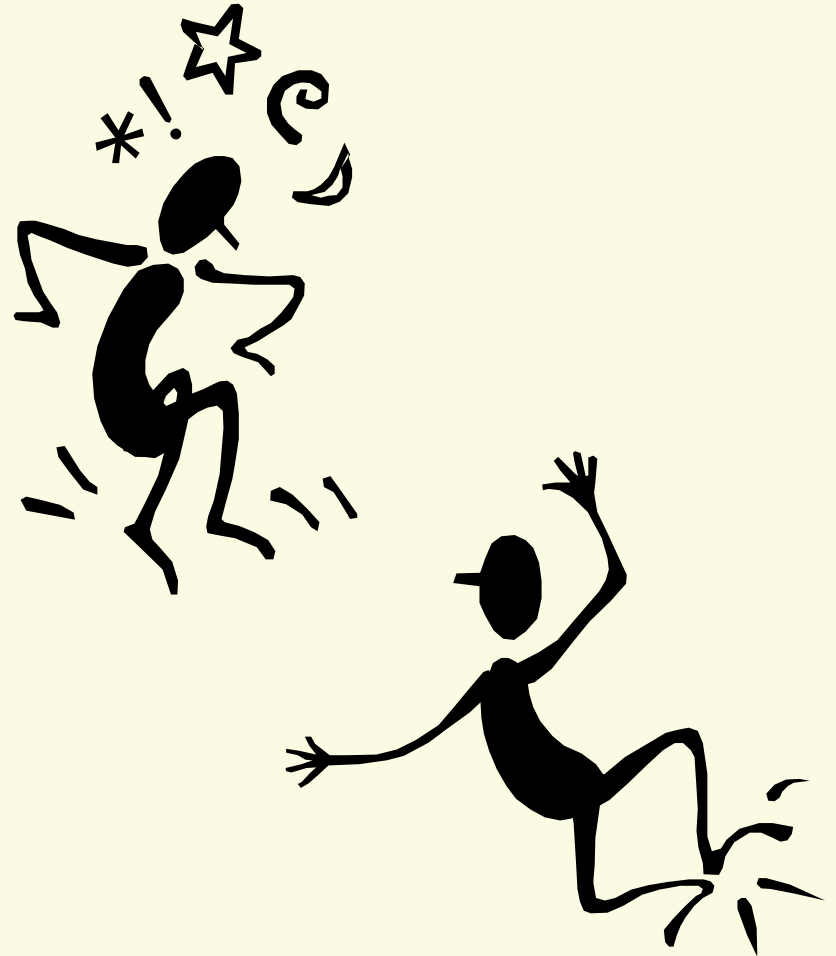
AGENDA

- ◆ **Symptoms of Stress**
- ◆ **Stress or Distress?**
- ◆ **Coping Strategies**
- ◆ **Manage your Time**
- ◆ **Test Anxiety**



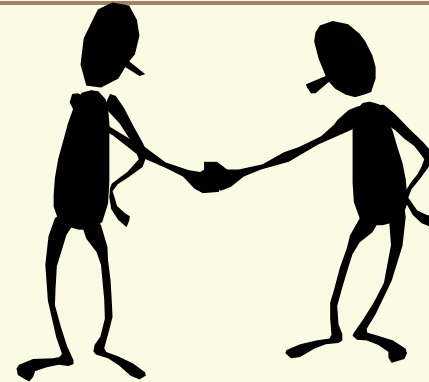
Symptoms of Stress

- Physical
- Emotional
- “Fight or Flight”
- What’s “normal”
- What’s not



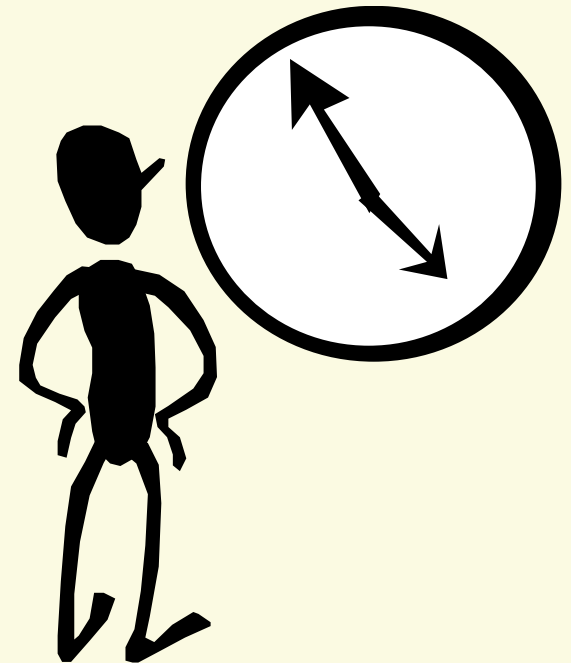
Coping Strategies

- ❖ **Manage your time**
- ❖ **Talk it out**
- ❖ **Change perspective**
- ❖ **Positive self-talk**
- ❖ **Take action**
- ❖ **Learn to say no**
- ❖ **Listen to your body**
- ❖ **Relaxation**
- ❖ **Humour**



Manage your Time to Reduce Stress

- ➔ Define Goals
- ➔ Set Priorities
- ➔ Make a “To Do” List
- ➔ Prioritise items
 - *A - Must do*
 - *B - Should do*
 - *C - Could do*
- ➔ Ask: What is the best use of my time right now?



then Do It!

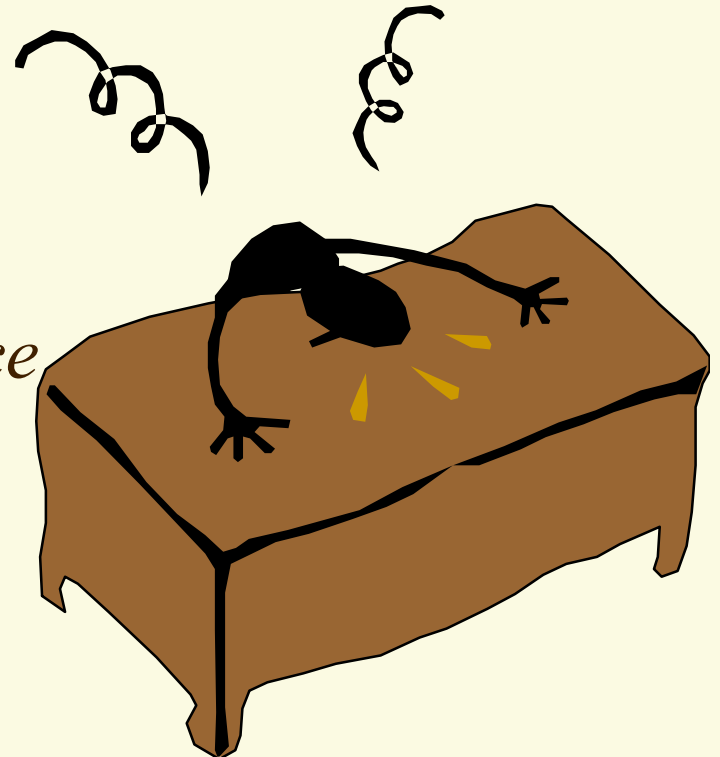
Test (and Performance) Anxiety

Some anxiety is *normal*

? facilitating (motivating) or debilitating?

- *previous bad experience*
- *biochemical*

? Key Question: Does your anxiety *lower* your test performance or *help* it/do your marks *reflect* what you know?



Test and Exam Taking

Evaluations are an **unavoidable** part of life

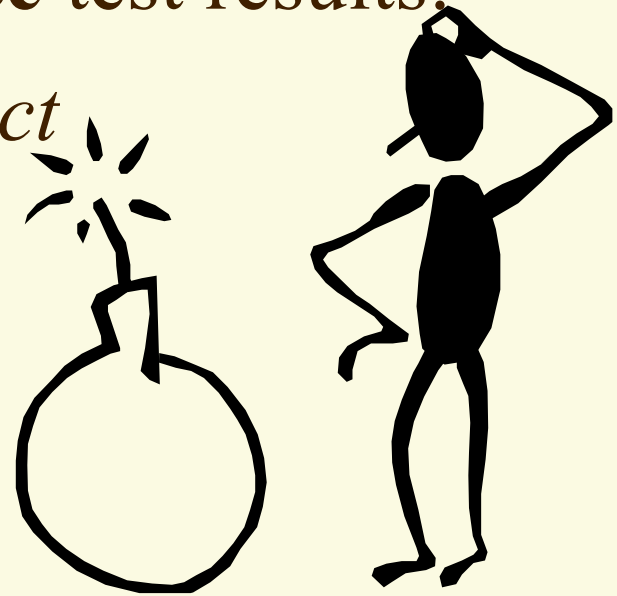
● Factors which **influence** test results:

📖 *knowledge of subject*

✎ *test taking skills*

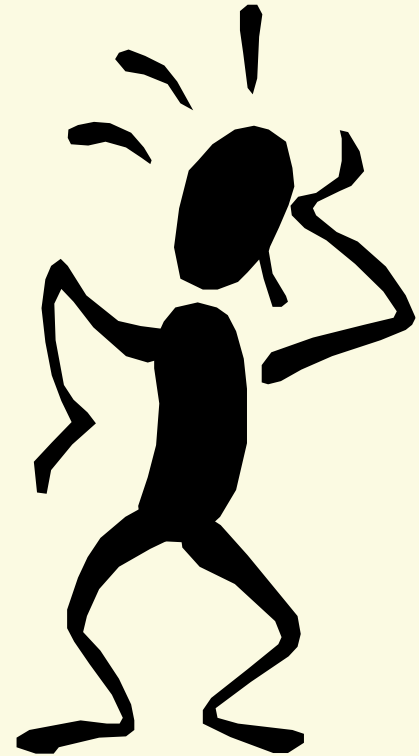
☹ *anxiety*

⌘ Factors all **interact**



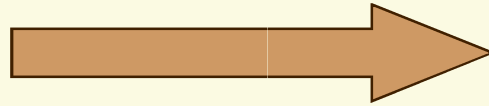
Strategies for coping with Test Anxiety

- ➔ Regular breathing
- ➔ Positive self-statements
 - ➔ identify negative statement
 - ➔ challenge
 - ➔ substitute positive
- ➔ Systematic desensitization
- ➔ Muscle relaxation



Strategies for coping with Test Anxiety: Attention Shift

Read questions → test anxiety ↑ then
→ focus on breathing/positive thoughts



slow down → then anxiety ↓
then → refocus on (a different) question