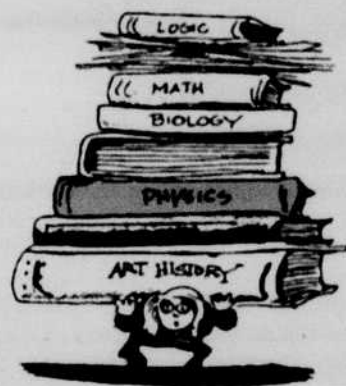


# The WELL NOW

The Student  
Health Center  
Newsletter

"You don't have to be sick to get better."

FALL EDITION 1992



## TIME MANAGEMENT EQUALS LESS STRESS



By Trish Herber

As the alarm clock rang, Tracy rolled over, hardly feeling as though she had even slept. In fact, lately she never felt rested and had problems eating and getting organized. In the shower, Tracy began to plan out her day in her head. She suddenly felt panicked and overwhelmed. How

think the opportunity a great way to meet new people. The difference is in how a person perceives his or her feelings and how that person deals with these feelings.

According to Alan Lakier, author of *How to Get Control of Your Time and Your Life*, making a list and checking it twice will really pay

thoughts, your life may seem less hectic, out of control or overwhelming. Even big projects can be broken down into the A's, B's and C's and finished over a matter of weeks. If a big interview is coming up, research some interview tips and questions and write them down on a piece of paper. Whenever you feel yourself thinking about it, pull out the piece of paper. When the piece of paper gets put away, so do your anxieties and fears about the interview.

Tension and stress can be partly accredited to a feeling of lack of control in one's life. It's important to cut out the things in your life that do not make you happy.

A busy schedule seems much lighter when you're doing things that you enjoy. If there's something that

American College Health Association explains, "The extra burst of adrenaline that helps you finish your final paper, win at sports or meet any other challenge is positive stress. It's a short-term physiological tensing that subsides when the challenge has been met, enabling you to relax and carry on normally."

However, if you can't return to a relaxed state, this stress becomes negative. The changes in your body (increased heart rate, high blood pressure) start to take their toll on bodily systems and often lead to mental exhaustion and physical illness. It is like a rubber band which may stretch and stretch, but at a certain point just snaps.

If you feel "stressed out," stop by the UO Counseling Center and talk

***Stress is a matter of perception...how a person perceives his or her feelings and how that person deals with these feelings.***

could she possibly accomplish all that she needed to in one day—twenty-four hours? Throughout her classes Tracy's mind wandered and when her friends were telling her personal stories, she wouldn't remember what they had said. Tracy felt stressed out!

Have you ever felt this way? When stress takes over a person's life he or she often feels powerless, anxious and trapped. Ultimately, this may lead a person to feel very unhappy.

Many times a person feels stressed because of inner feelings, not external factors. Thus, stress is a matter of perception, so people differ in their abilities to deal with stress. I may find that having two interviews for jobs in one day to be stressful, whereas my friend may actually

off. Put "To Do" at the top of your list and write down the things you would like to accomplish for the day or week. Next, prioritize them by assigning A's, B's and C's to focus attention on the really important things that must get done. You will feel a sense of accomplishment as you cross things off your list.

More importantly, however, by writing these things down on a piece of paper it will take these worries off your mind. Instead of mulling over what needs to be done, you may refer to your list when you have a few minutes before class starts or during a couple of free hours in the afternoon.

How does this relate to stress? Okay—it's a valid question. Since stress is a matter of perception, by writing down and organizing your

***By writing down and organizing your thoughts, your life may seem less hectic, out of control or overwhelming...***

has to be done—like writing a huge paper or dusting your apartment—put it at the top of your "To Do" list. You're much more likely to get it done, and you'll feel better when you can move on to the things that you like to do.

Realistically, without some amount of stress, most of us wouldn't get a whole lot done. As the

to a counselor about some relaxation techniques, or talk to a friend and try to get things into perspective.

So the next time someone asks if you're okay or tells you that you look really stressed, take a break, relax and ask yourself if your situation is something to worry over. You'll be better able to view the situation more clearly.

### INSIDE

Adult Students  
Face Unique  
Challenges

Coping With  
Stress

Looking for  
Adventure

Play and Fitness

### THE BOTTOM LINE

#### NEED SOME PRACTICAL EXPERIENCE FOR THE 'REAL' WORLD?

Peer Health Advising, HEP 410 and 510, offers practical experience in public speaking, facilitating groups, organizing promotion projects and writing for the Well Now. You must apply, so drop by Health Education at the Student Health Center. For more information call 346-4456.

#### STRESS

Letting go of the EGO elevates stress and allows you to focus on the process not the outcome. Seeing things as they are, without judgement and attachment, gives you permission to proceed with clarity. Be mindful of your every action and you will not be surprised by any reaction.

#### GET OFF TO A HEALTHY START

Drop by the Health Education Center for access to a variety of health books, or make an appointment with a Peer Health Advisor who specializes in health education issues or have your cholesterol level checked for free.

#### STRESS RELEASE

Lie on your back, palms up. Breath deeply. Begin by tensing your legs for 30 seconds. Relax the leg muscles, breath deeply. Tense your trunk, arms and hands. Relax, breath deeply. Tense your neck and face. Relax, breath deeply.