

# 10 STRESS BUSTERS

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## BE ACTIVE

Exercise helps reduce some of the emotional intensity you're feeling, helping you clear your thoughts and approach problems more calmly.



2

## TAKE CONTROL

There's a solution to any problem, the act of taking control in itself is empowering and a crucial part of finding a solution that satisfies you and not someone else!

3

## HAVE SOME 'ME TIME'

Setting aside time to do things you enjoy is really important to ensure you don't overwork yourself and burn out! Spend a couple of evenings a week away from your work.



4

## CONNECT WITH PEOPLE

Talking to family and friends can help you see things from a different perspective. Activities with friends help us relax and laugh – an excellent stress reliever!



5

## CHALLENGE YOURSELF

Setting yourself goals, whether at work or outside, helps build confidence and encourages emotional resilience. Do something new, like learning a new sport or language, and arm yourself with knowledge!



6

## AVOID UNHEALTHY HABITS

Unhealthy habits such as alcohol and smoking are avoidance tactics. Whilst these might provide temporary relief they do not tackle the cause of your stress and will not solve your problem.



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## HELP OTHER PEOPLE

Helping others can put your own problems in perspective and help build emotional resilience. Volunteer in your local area, hold the door open for a stranger or smile at someone to make their day.

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## WORK SMARTER, NOT HARDER

Prioritise your work and concentrate on the things that will make a real difference. Accept you will always have things on your to-do list and prioritise effectively.



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## TRY TO BE POSITIVE

At the end of each day, try writing down three things that have gone well recently or things you are grateful for.



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## ACCEPT THINGS YOU CAN'T CHANGE

Try to concentrate on the things you have control over and identify the next steps you can take to tackle that problem.

# STRATEGIES FOR EFFECTIVE REVISION

## 1. Set SMART Goals

*Specific, Measurable, Achievable, Realistic and Timely goals will help you with prioritising and having a more positive outlook when approaching your work.*

## 2. Write a To-Do List

*It seems simple, but taking the time to write a to-do list can help you understand the scale of work and how you can begin to prioritise.*

## 3. Follow a Revision Timetable

*Taking the time to plan your work - and your breaks!! - is hugely valuable. Try and stick to your timetable and give dedicated time to fun activities as well as work.*

## 4. Plan Your Meals

*When you have lots of work to do, healthy habits can fall to the bottom of your priority list. Write a meal plan for every week to help stick to a healthy diet - healthy body equates to a healthy mind! Visit our website for a meal plan template.*

## 5. Reward Yourself!

*When you've been working really hard it's important to recognise your achievements and reward yourself by doing something fun!*

**Be sure to check out the Imperial College Success Guide for more tips and strategies during revision time:**

**<https://www.imperial.ac.uk/students/success-guide>**