



Video transcription

Managing Stress

Stress is a part of life, whether you're at school or in the workplace. Learning to manage it effectively is crucial for both your well-being and success. Stress can come from deadlines, high expectations, or uncertainty about what's expected of you. At work, stress can arise from heavy workloads, urgent tasks, or conflicts with coworkers. However, stress management is a skill that can be developed, and its key for maintaining productivity and satisfaction in your personal and professional life.

Practical Ways to Manage Stress at School and at Work

1. Time Management and Planning

Good time management is the first step in reducing stress. Being organized and planning tasks ahead of time helps you avoid feeling overwhelmed. Break big tasks into smaller, manageable steps. This makes each goal feel more achievable and reduces anxiety. Prioritize urgent tasks to stay in control and focused.

Example: During your job search, break down the process of applying for jobs into steps, like reviewing your resume, writing your cover letter, and submitting applications. If you have multiple interviews in one week, plan by reviewing questions you might be asked and key points to highlight. This will help reduce last-minute pressure.

2. Take Regular Breaks

Rest is essential to reduce stress. Whether you're studying or working, taking breaks helps recharge your mind and body. If you work or study in a shared space, set clear boundaries and schedule breaks throughout the day. Stand up, take a short walk, or stretch to release built-up tension. Even deep breathing can help calm your mind.

Example: If you're working on an assignment, take a 10-minute break every hour. This helps refresh your mind and prevent burnout.

3. Develop a Support System

Having a support system is important when managing stress. Whether you're at school or

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work, talking to trusted friends, family, or colleagues about what's stressing you out can ease emotional pressure. You don't have to handle everything alone. Additionally, connecting with other professionals or support groups can provide motivation and new perspectives.

Example: If you're feeling overwhelmed by schoolwork or job responsibilities, talk to a friend or mentor who has experience. They can offer useful advice and make you feel more prepared.

4. **Relaxation Techniques**

Relaxation techniques are essential for managing stress and calming your mind. Practices like meditation, yoga, or mindfulness help reduce anxiety and improve focus. Taking just 10-20 minutes a day to practice relaxation can be very beneficial, especially during high-pressure situations.

Example: Before an important presentation or a busy day of tasks, take a few minutes to meditate or practice deep breathing. This will help you feel more centered and calmer when facing the situation.

5. **Seek Professional Help if Necessary**

If stress becomes overwhelming and you can't manage it on your own, don't hesitate to seek professional help. A counselor or coach can provide valuable tools for managing stress and improving well-being. Therapy or coaching can also help address the root causes of stress and offer a healthier way to cope with pressure.

Example: If school or work-related stress is affecting your mental health, consider seeing a therapist who specializes in stress or anxiety management. They can offer the support you need to manage your stress more effectively.

Conclusion

Stress is a natural part of life, but how you manage it can significantly affect your well-being and performance at school or work. The key to managing stress is learning to effectively organize your time, set boundaries, take breaks, surround yourself with supportive people, and practice relaxation techniques. While stress can't be avoided entirely, it can be managed so that you stay balanced and productive. By learning to manage stress, you'll improve your quality of life and increase your chances of success, both in studies at school and later in your career.