

STRESS MANAGEMENT

Time Management

- Balancing school, work, and home isn't always easy. By planning ahead and using your time wisely, you will be able to accomplish more and enjoy extra free time.

Time Management Apps

- Google Keep
- Trello
- Google Calendar
- Google Tasks



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- **Write down everything.** Write down due dates, upcoming appointments, and important tasks. You can keep track of this either by writing it down in a planner or using a virtual planning app.
- **Stick to a routine.** Getting into a routine can help reduce the uncertainty of how you will fit everything in. Start small and build up habits into a routine that works for you.
- **Stay organized.** Make sure you keep all your work and tasks organized – not just for school, but for work and home life as well.
- **Use checklists.** Printing or writing out checklists for each day of the week can be really helpful to remember everything you have to get done. You can try color-coordinating your list to help better visualize what you have to get done.
- **Find a balance.** Sometimes you're not going to get everything done and that is okay. Step back and take a breath. Reach out to your support system and use their support to get yourself back on track.



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Addressing Burnout

- **Burnout is real.** Whether it is caused by school, work, DKD, or home, it's something that happens to everyone at some point. It is important to take steps to avoid reaching the stage of burnout.
- Balancing Greek Life with your other responsibilities can be hard, but remember that **you come first**.
- Prevent burnout:
 - **Learn to say no.** It's okay to say no to things you don't have the capacity to do. Remember that your health comes first. Don't overwork or stress yourself out.
 - **Ask for help.** Reach out to your loved ones and support system. They're there for you. If the issue is related to DKD, make sure to communicate and delegate your responsibilities.
 - **Plan ahead.** Use the time management tips to create a schedule and routine that works for you.
 - **Prioritize academics over DKD.** You are a student first and foremost. School comes first.



RESOURCES

- **Time Management**
 - <https://www.purdueglobal.edu/blog/student-life/time-management-busy-college-students/>
 - <https://www.rasmussen.edu/student-experience/college-life/time-management-tips-college>
- **Academics**
 - <https://www.affordablecollegesonline.org/college-resource-center/study-skills/>
- **Financial Planning**
 - <https://www.self.inc/blog/money-management-for-college-students>
- **Social Anxiety**
 - <https://www.verywellmind.com/how-do-i-get-help-for-social-anxiety-at-college-3024810>
 - <https://nationalsocialanxietycenter.com/2017/08/13/thriving-college-student-social-anxiety/>
- **Greeks and Mental Health**
 - <https://web.uri.edu/greek/mental-health/>
 - <https://www.society19.com/heres-how-to-juggle-greek-life-and-grades/>

