

HOW CAN YOU MANAGE YOUR STRESS?

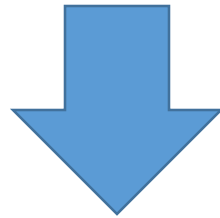
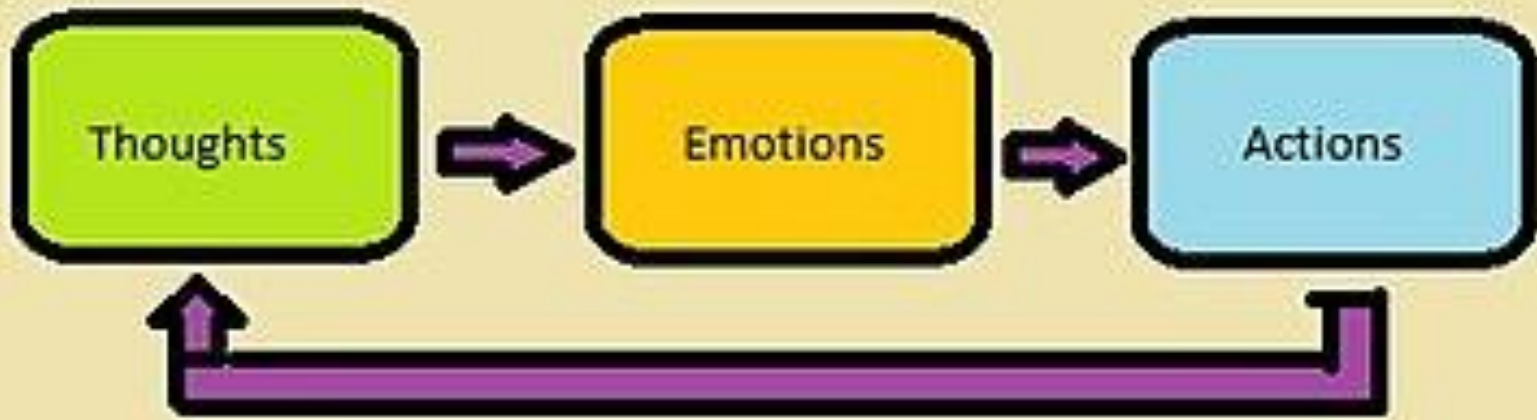
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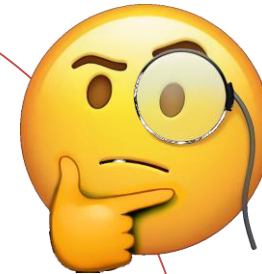
REACTION



TEA Process – cycle

Thoughts

Something bad will happen! I'm gonna fail my exams and I won't be able to complete my studies!



Actions

Avoid or escape, give excuses – flight or flight mechanism (safety behaviours to cope with the situation)

Emotions

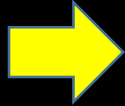
Worried, tense, anxious, fast heartbeat, shaky, etc.



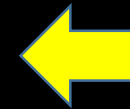
Family



School



Friends



Environment





**Self-view or
comparison
with others**

I
CAN'T
DO IT

I'M NOT
WORTHY

I MUST BE
PERFECT

I MUST NOT
MAKE A
MISTAKE

I'M NOT
GOOD
ENOUGH

NOBODY
LOVES
ME



The influence of Social Media





FLIGHT

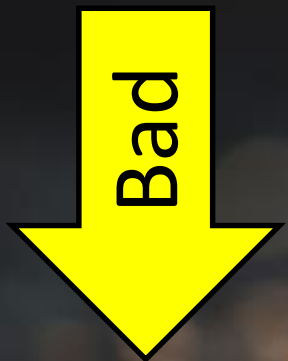


FIGHT





COPING MECHANISM



Coping



Skills





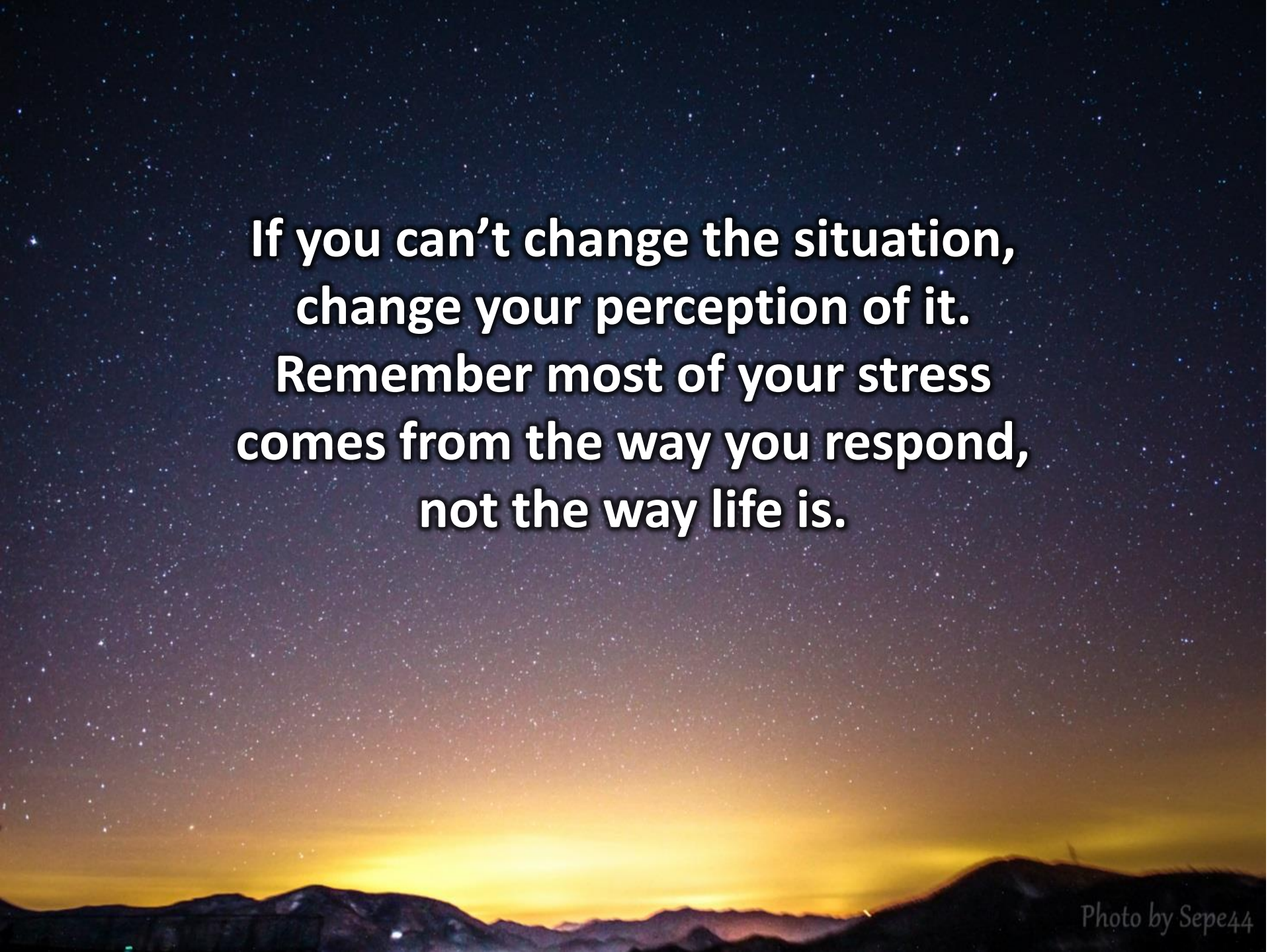
Physical activities



Identify what you can




about the stressful situation

A night sky filled with stars, transitioning from a dark blue at the top to a bright yellow and orange glow at the horizon. The horizon shows the silhouettes of mountains. The text is centered in the upper half of the image.

**If you can't change the situation,
change your perception of it.
Remember most of your stress
comes from the way you respond,
not the way life is.**

Know what you can control and cannot control – acceptance!



The image features a motivational quote centered over a background of a vast, hazy landscape with rolling hills and a bright sky. A large, semi-transparent white speech bubble is positioned behind the text, framing it. The text is written in a bold, black, serif font and is arranged in four lines.

**Do not stress
over what you
cannot control.**

**This is NOT my
responsibility:**

Other
people's
words

Other
people's
Ideas

Other
people's
mistakes

This is my
responsibility:

My words, my behaviour,
my actions, my efforts, my
mistakes, my ideas, and
the consequences of my
actions.

Other
people's
actions

Other
people's
beliefs

The consequences
of other people's actions



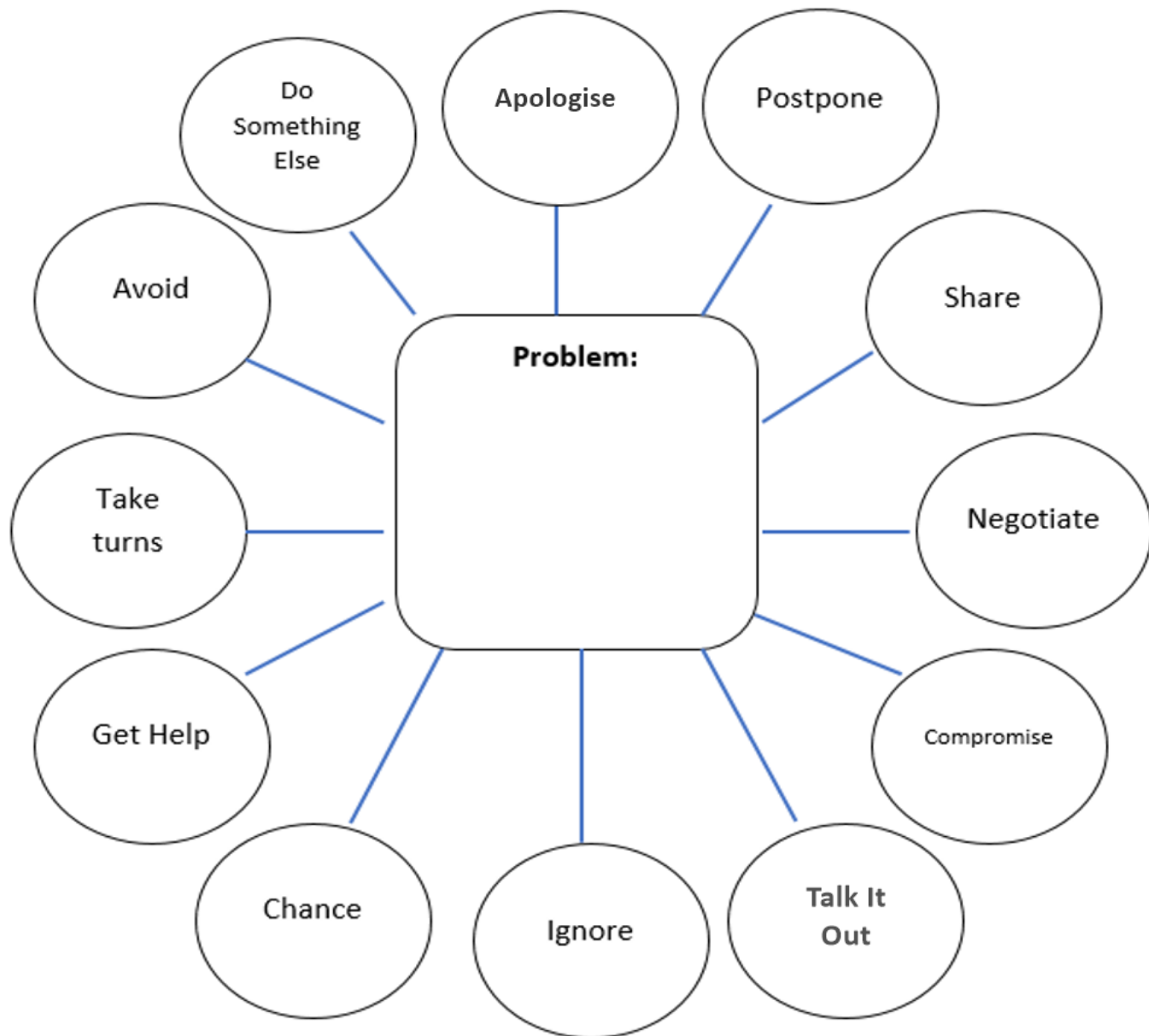
**Circle of concern or things I
cannot control**

**Circle of influence or
things I can control**

WHICH

ONE?

Direction: Write your problem in the box below. Think about each solution and decide if it would work for your problem.



MANAGE YOUR TIME

MINIMISE YOUR DISTRACTIONS



**Grab
15!**

My Gratitude list!

1



Write a
gratitude journal
every week

2



Think about 5 things
you're grateful for
when you wake up
every morning

3



Send a
thank
you note



Recognise your support system

How to Meet Your Counsellors?



HOW TO MEET COUNSELLORS?

Many ways:

✓ IIS

✓ Email

sacounselling@ucsiuniversity.edu.my

✓ Walk-in:

SAA, Level 9, Block G

✓ SDCD Facebook page

[UCSI Student Development & Counselling Department](#)

✓ E-counselling:

<https://iis.ucsiuniversity.edu.my/Student/Login.aspx>