

6th Year

***Managing Stress
and
Organising Myself***



January 2020

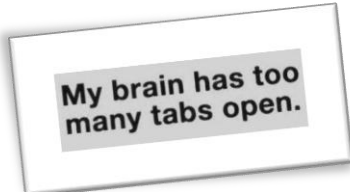
Signs of stress

Take a moment to see if you have been feeling any of the following symptoms.

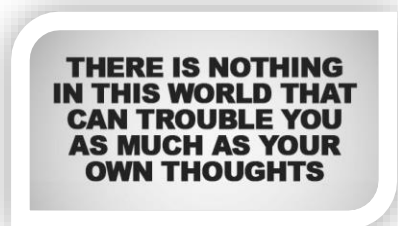
This is not an exhaustive list, your thoughts, emotions and feelings may not be listed.

Thoughts

- This is too much, I can't cope.
- I haven't got enough time.
- I'll never get it finished.
- I must get it done.
- There's no way I'll get through all this.
- How am I going to manage this?



My brain has too many tabs open.



THERE IS NOTHING IN THIS WORLD THAT CAN TROUBLE YOU AS MUCH AS YOUR OWN THOUGHTS

Moods

- Anxious
- Angry
- Depressed, hopeless
- Impatient
- Irritable, bad tempered with friends, family, teachers.

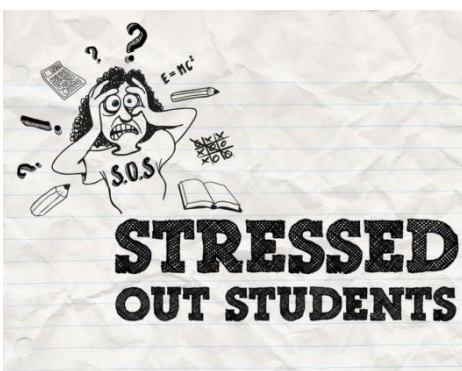


MOOD METER

BAD GOOD GREAT

Physical Feelings

- Tense muscles – shoulders, neck, tummy, eye twitches
- Tiredness / Insomnia
- Headaches
- Forgetful
- Agitated, restless
- Difficulty concentrating
- Heart racing / palpitations
- Breathing faster
- Uncomfortably hot



Interventions!

1. In the middle of an anxious, stressful moment.

During moments of intense stress, your body believes it is in danger. The most effective way to get through this is to tell your body it is not in danger. The following techniques tell your body it is safe.

- **Slow, deep breathing.**
 - Breathe in slowly counting 1 – 2 – 3.
 - Breathe out slowly counting 1 – 2 – 3 – 4 – 5.
- **Reassuring, positive self-talk.**
 - “Everything is ok, I am ok. I am safe.”
 - “This will pass. It is only temporary.”

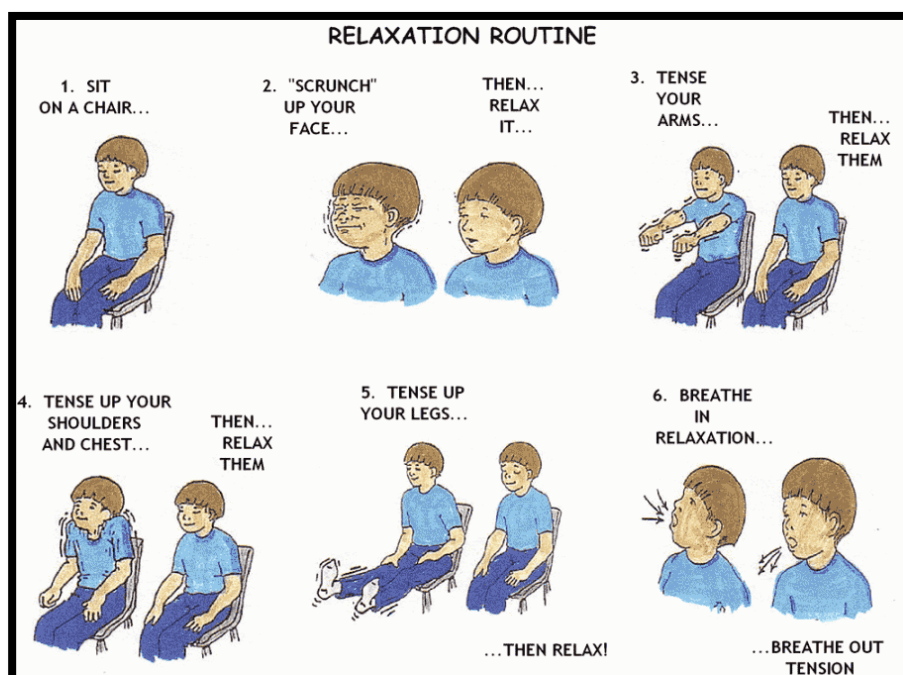
- **Body Scan**

Take a deep breath and close your eyes for a few moments. Sense where your body is contacting the environment around you (the chair, the floor, etc.). Sense where your weight is resting. Now take a deep breath and notice if there any parts of your body that feel very tense or sore. If you find one, take a deep breath and try to imagine that place loosening up. Then gently and slowly, move that part of the body just a little bit to let it loosen and relax.

- **Apple picker stretch**

Imagine you are under the branches of an apple tree, standing with both arms up in the air and gently bouncing on tip toes. Gently reach up as high as you can and grab at the imaginary apples with one hand then the other. Then gently drop your hands and bend over towards the floor as far as you can with knees slightly bent. Then sway gently from side to side for a few moments before slowly rising up, one vertebra at a time, with the neck and then head coming last. Be very careful and remember to keep breathing throughout.

- **Progressive Relaxation**

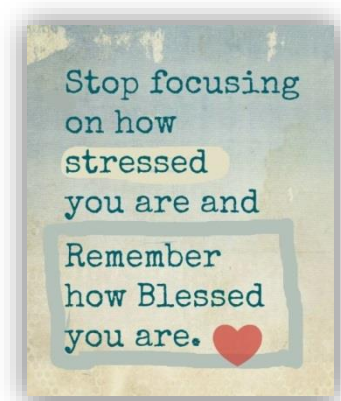


Interventions!

2. Long term strategies to reduce stress levels.

There are many things you can do to help you manage your stress levels during the Leaving Certificate Year. These strategies can be used throughout your life to help you deal with any stressful situations you may face.

- Look after your basic needs – food, water, sleep.
 - Ensure you are regularly eating healthy fresh foods and drinking enough water throughout the day.
 - Allow yourself enough time for a restful sleep every night.
- Listen to your body and use your breathing.
 - Learn your indicators of stress.
 - When you notice you are beginning to feel stress, focus on your breathing and relax your body and mind.
- Get active!
 - Continue with sports you are doing or take one up.
 - Exercise produces endorphins which are natural painkillers and promote restful sleep
- Make time for the fun things in life
 - Every day, make time to do something you enjoy and find fun.
 - Allow yourself time to enjoy your hobbies.
 - Prioritise having fun.
- Remember to acknowledge all the good things in your life.
 - Every day, list three things you are grateful for. Eg, friends, family, that new xbox game, having a lie in, etc,...
- Organise yourself!
 - Being organised in times of stress can mean you don't sweat the little things.
 - Set realistic and achievable goals.
 - Use planners to help you get started.
 - Allow yourself to make adjustments and change the plan if it is not working.
 - Be smart with your time!



Sample Weekday Planner

Week: 21st January

Monday

Time	Activity
4pm - 6pm	School Study - Homework
6pm - 7pm	Dinner
7pm - 7:25pm	Study - Maths: The Line
7:30pm - 7:55pm	Study - History: American presidents
8pm - 8:25pm	Study - English: Poetry

Tuesday

Time	Activity
4pm - 5pm	Home & Dinner
5:15 - 6:30pm	Training
7pm - 8:30pm	Homework

Wednesday

Time	Activity
1:30pm - 2:30pm	Home & Lunch
2:30pm - 4:30pm	Homework
4:30pm - 6:30pm	Chill out, dinner
6:30pm - 6:55pm	Study - Irish: litir vocab
7pm - 7:25pm	Study - History: American presidents
7:30 - 7:55pm	Study - Work on Technology brief

Thursday

Time	Activity
4pm - 6pm	School Study - homework
6pm - 7pm	Home & dinner
7pm - 7:25pm	Study - Biology: living things
7:30pm - 7:55pm	Study - Maths: The line exam questions
8pm - 8:25	Study - Spanish: Letter vocab

Friday

Time	Activity
4pm - 6pm	School study - homework
6pm - 7pm	Home & dinner
7pm	Night off

Sample Weekend Study Planner


Saturday

Time	Activity
10am - 2pm	Job
2pm - 3:30pm	Home / lunch / relax
3:30pm - 4pm	Study - English
4pm - 4:30pm	Study - Spanish
4:30pm - 4:45pm	Tea break
4:45pm - 5:30pm	Work on Technology brief
5:30pm - 6pm	Study - Irish
6pm - 7:30pm	Astro


Sunday

Time	Activity
12pm	Get up
12pm - 1pm	Breakfast / lunch
1pm - 1:30pm	Study - History
1:30pm - 2pm	Study - Maths
2pm - 2:30pm	Study - Biology
2:30pm - 2:45pm	Tea break
2:45pm - 3:30pm	Study - English
3:30pm - 4pm	Revise notes.

Mocks Study Planner – Sample

Monday, 10/02	Tuesday, 11/02	Wednesday, 12/02	Thursday, 13/02	Friday, 14/02	Saturday, 15/02	Sunday, 16/02
<p>School</p> <p>Study: Maths Equation of a circle Biology Photosynthesis English King Lear</p>	<p>School</p> <p>Study: Gaeilge FILÍOCHT Technology Power Supplies Spanish Reading comprehensions</p>	<p>School</p> <p>Study: Maths Circle: tangents Irish Litir History The Irish Volunteers</p>	<p>School</p> <p>Study: Technology Electric Motors Maths Circle: Points inside the circle</p>	<p>School</p>  <p>Study Maths Equation of a circle Biology Photosynthesis English King Lear</p>	<p>English Comparative Spanish Learn vocab Technology Computers</p>	<p>Biology Cell Structure English Poetry Technology</p>
Monday, 17/02	Tuesday, 18/02	Wednesday, 19/02	Thursday, 20/02	Friday, 21/02	Saturday, 22/02	Sunday, 23/02
<p>Maths Complex numbers – modulus Irish Litir History The Gaelic League</p>	<p>English Comparative Spanish Learn vocab Technology Plastics</p>	<p>Maths Complex numbers – modulus Irish Duolingo Biology Biomolecular Structures</p>	<p>Biology Living things English Poetry Technology Plastics</p>	<p>Maths Statistics – exam questions Irish Reading comprehensions Spanish Letter</p>	<p>Biology Exam papers – living things Spanish Duolingo History Exam questions – American presidents</p>	<p>Maths Statistics – exam questions Irish Learn vocab Spanish Letter</p>
Monday, 24/02	Tuesday, 25/02	Wednesday, 26/02	Thursday, 27/02	Friday, 28/02	Saturday, 29/02	Sunday, 01/03
<p>School</p> <p>Study: Maths Equation of a circle Biology Photosynthesis English King Lear</p>	<p>School</p> <p>Study: Gaeilge FILÍOCHT Technology Power Supplies Spanish Reading comprehensions</p>	<p>English Paper 1 9 – 11:50 Study: Maths Calculus English Revise quotes</p>	<p>Maths Paper 1 9 – 11:30 English Paper 2 12.00 – 3:20</p>	<p>Maths Paper 2 9 – 11:30 Irish Paper 1 12 – 1:50</p>	<p>Spanish Learn vocab Technology Computers Biology Photosynthesis</p>	<p>Biology Living things History North & South – Language and Religion Technology Plastics</p>

Mocks Study Planner - Blank

Monday, 10/02	Tuesday, 11/02	Wednesday, 12/02	Thursday, 13/02	Friday, 14/02	Saturday, 15/02	Sunday, 16/02
<i>School</i> <i>Study:</i>	<i>School</i> <i>Study:</i>	<i>School</i> <i>Study:</i>	<i>School</i> <i>Study:</i>	<i>School</i> <i>Study:</i> 		
Monday, 17/02	Tuesday, 18/02	Wednesday, 19/02	Thursday, 20/02	Friday, 21/02	Saturday, 22/02	Sunday, 23/02
Monday, 24/02	Tuesday, 25/02	Wednesday, 26/02	Thursday, 27/02	Friday, 28/02	Saturday, 29/02	Sunday, 01/03
		Exam	Exam	Exam		