

How to deal with stress and use it as a positive power



“Stress” is a mental, emotional and physical state that can be perceived as a “motivating friend” encouraging to take action and get things done, or a “paralyzing enemy”, able to compromise or even destroy all our efforts.

How do you perceive stress?

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According to recent studies, PhD students suffer from the negative effects of stress 3 times more than other highly educated individuals.

How does stress affect you?

Mentally:

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Emotionally:

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Physically:

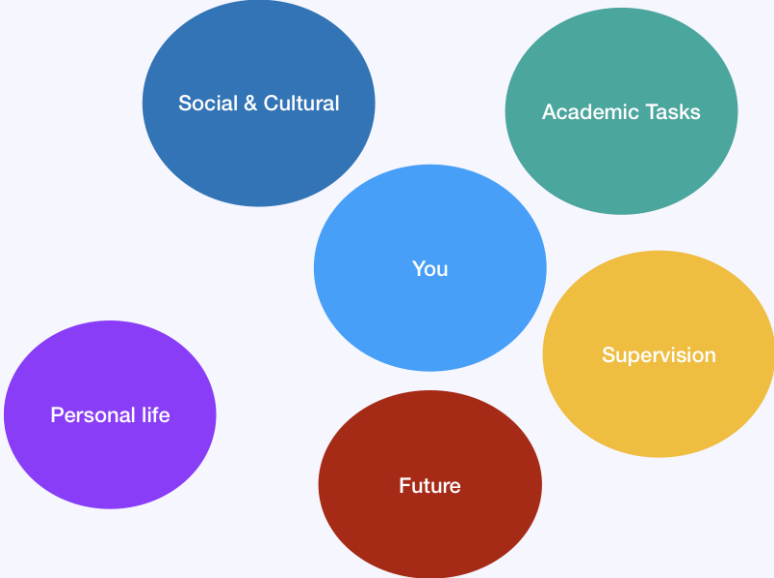
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In contrast to animals, humans have the ability to anticipate the future. Consequently they can be stressed about abstract events happening in the future (e.g., PhD defense). This auto-generated stress has similar mental, emotional and physical effects as a real stressful situation.

Can you identify any events or issues that make you stressed in advance?

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In order to better control your stress, you need to first identify the reasons of your stress and the situations in which it appears. Following different categories, identify what stresses you.



How do you deal with stress, in each the above situations?

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What works best for you? What helps you to relax and get back in control.

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Think is your coping strategy. Everyone has at least one of them, naturally. Try to apply it regularly and in prevention to stressful situation.

Remember, the way stress affects us depends on our way to we can control and embrace it!

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Stop struggling, start enjoying