





# UGH! I JUST CAN'T DEAL WITH EVERYTHING!



[www.ufs.ac.za/kovsiecounselling](http://www.ufs.ac.za/kovsiecounselling)

 UFSUV |  UFSweb |  UFSweb |  ufsuv

*Inspiring excellence, transforming lives  
through quality, impact, and care.*

UNIVERSITY OF THE  
FREE STATE  
UNIVERSITEIT VAN DIE  
VRYSTAAT  
YUNIVESITHI YA  
FREISTATA



**UFS**  
STUDENT AFFAIRS  
STUDENTESAKE  
DITABA TSA BATHUTI  
STUDENT COUNSELLING AND  
DEVELOPMENT (SCD)

# UGH! I JUST CAN'T DEAL WITH EVERYTHING!

Lize van den Bergh



Whether you are a first-year or a final-year student, it might happen that you feel overwhelmed at times. Students usually state that they have too much to do and too little time within which to do it.

This often leads to students not doing anything at all. Your head might feel as though it is going to burst, trying to figure out what to do!





# VITAL STRESS MANAGEMENT TIPS

1

## BOOST YOUR COPING IMMUNE SYSTEM

People who consistently engage in activities that are good for them build up their coping immune system.

This includes exercising, healthy eating and drinking habits, managing their time, preparing throughout the year and having social support.



# 2

## WRITE EVERYTHING DOWN

To-do lists help to get everything that is in your head, on paper. This leads to feeling more in control. Prioritise these activities according to importance.

Start with ONE thing at a time. Come up with a practical solution to each item on your list.



## MAKE TIME TO RELAX

# 3

Whether you are busy or not, you ALWAYS need to make time to relax.

Choose an activity ranging from 15 minutes to an hour DAILY.

Drinking your favourite type of coffee or tea; taking a walk; chatting to a friend; reading something inspirational; listening to your favourite music, etc. are some ideas.

Remember, in the long run, people who make time to relax are more able to cope with stress than those who do not.



***"You can't  
pour from an  
empty cup.***

***Take care of  
yourself first."***

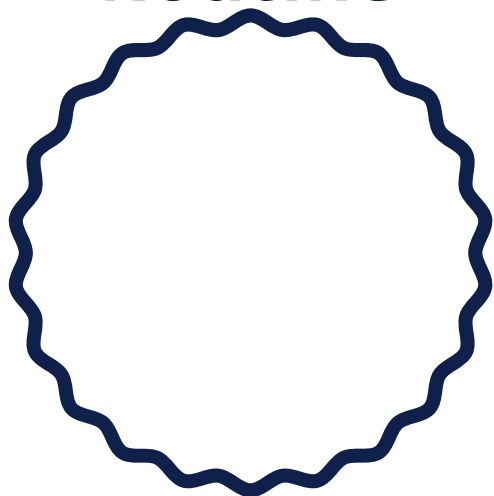
Author unknown



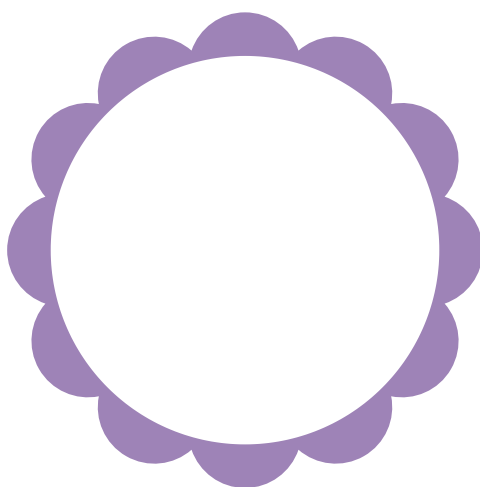
# MY RELAXATION PAGES

WHAT HELPS YOU TO RELAX IN THESE AREAS?

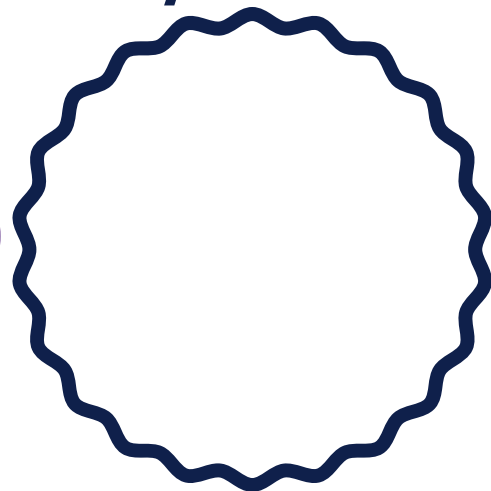
**Sleep  
Routine**



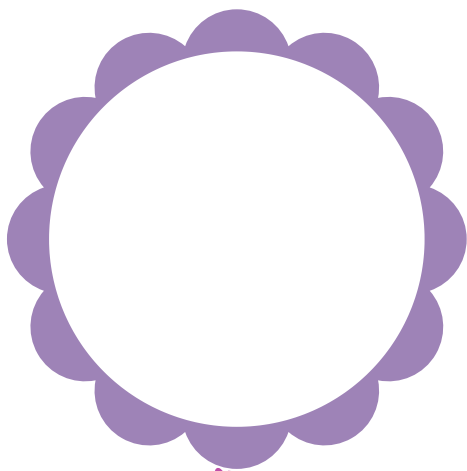
**Nature**



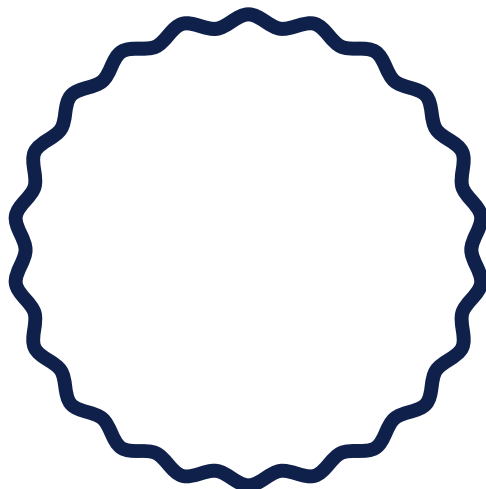
**Support  
system**



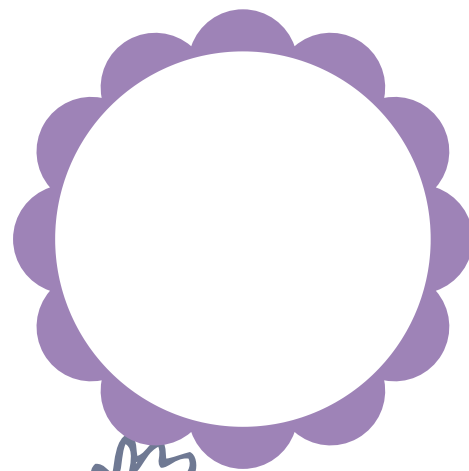
**Food /  
Drink**



**Creative  
activities**

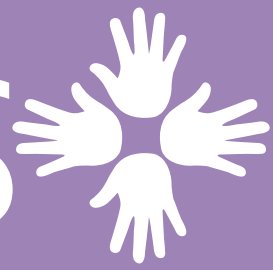


**Music**





# RESOURCES



## WEBSITES

[www.mindtools.com](http://www.mindtools.com)

[www.helpguide.com](http://www.helpguide.com)

## APPS

Breathe2Relax

Pacifica

GPS for the Soul

Happify

Personal Zen

Finding Optimism

Calm

## CONTACT US AT:

+27 51 401 2853 (BFN)

+27 58 718 5032 (QQ)

+27 51 505 1298 (SOUTH)

[scd@ufs.ac.za](mailto:scd@ufs.ac.za)

[scdqq@ufs.ac.za](mailto:scdqq@ufs.ac.za)

[scdsouth@ufs.ac.za](mailto:scdsouth@ufs.ac.za)

## BOOKS

"Calm" by Michael Acton Smith

"The 10 Best-Ever Anxiety Management Techniques"

by Margaret Wehrenberg

"Manage Your Time to Reduce Your Stress: A Handbook for the Overworked, Overscheduled, and Overwhelmed"

by Rita Emmett