**TIPS: STRESS/PROCRASTINATION**

- Breaking down any difficult work you have and to set realistic goals
- If you’re feeling overwhelmed, take a break. Have some fun and relax your mind before returning to your work
- Choose a study environment that wouldn’t distract you
- Change the way you think about stress and turn it into a good thing
- Make a planner/checklist on your own time
- Reward yourself for completing a task

**Overcoming Stress and Procrastination:**

- You’ll learn time management skills
- That stress isn’t always a bad thing
- It’s healthier for you physically and mentally

**The Zen Den:**

You can visit the Zen Den whenever you’re feeling overwhelmed or stressed. It’s located in the Sands building, room 121. You can go and rest up with low-lighting, bean bag chairs and a calm atmosphere

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**STRESS/PROCRASTINATION**

Here are some tips on how to get rid of or to use stress in a good way.