

# **Stress management strategies while attending online school**

## **Goal statement**

By the end of this speech, I would like my audience to understand how to better manage their stress going into finals season.

## **Attention statement**

- These stress management strategies can help you be successful in school and get higher grades in your classes.

## **Introduction**

- In this speech, I will provide strategies for stress management so you can be more successful in school.
- Stress is natural. However, when there is no separation between your work and personal life— stress can pile up more than you realize.
- My speech will look at what strategies worked for me and allow you to decide if they will work for you.
- **Body**
- First, I'm going to talk to you about technology breaks, then healthy eating and finally the importance of meditation and sleep.
- One key strategy to managing stress can be to reduce your screen time as much as possible.

- This may seem simple, but many people struggle as most assignments require technology to complete.
- Reducing technology (social media use specifically) can help remove unhealthy feelings.
- One way to reduce technology use is to begin your day without checking your phone or looking at a screen.
- You can simply avoid technology for the first hour each day. I know the first thing I usually do in the morning is check my email - instead focus on what has to be accomplished today.
- If the first hour of the day doesn't work for you, pick a certain time of day that does.
- Many internet tools are designed to help with technology addiction- such as Freedom or Selfcontrol.
- Reducing your technology use with these strategies can help you combat stress.
- Next, another strategy to help reduce stress is by making healthier eating choices.
- It may seem difficult, but the key is to start small.
- One example could be simply swapping coffee out for green tea for less caffeine, which can help lower anxiety levels.
- Another way is to eat fruit when you're craving something sweet or eat fish which is really high in Omega-3 acids— shown to reduce stress.
- These simple strategies can help you get started on eating and feeling better.

- Finally, simply get the proper amount of sleep and take the time to meditate if you can.
- Aim to get seven to eight hours sleep per night. Make sure you turn off all tech about an hour before bed. This may seem simple, but many of us still don't do it.
- You may think practicing meditation is only for monks, but it can be as simple as taking two minutes to close your eyes and focus on your breathing.
- If you follow what my speech has taught you, you can live a happier, healthier life and experience higher academic achievement.
- Thank you.

**Residual message**

-If you use the strategies discussed in this speech, you can reduce your stress and improve your academic skills.

### **References**

Reese, N. (2019, July 3). *10 Simple Ways to Relieve Stress*. Healthline.  
<https://www.healthline.com/health/10-ways-to-relieve-stress>