

Handling Stressful or Unstable Workplace or Classroom Situations

What do I do right now:

- Take control of the things you can control at work or in school.
- Manage you time wisely, complete small task, instead of one huge project, and try to accomplish something each day.
- Look at possible options to improving your work and study areas, including working on your communication skills.
- Use College approved policies and procedures for resolving issues with coworkers and classmates.
- Take time off when needed or make time for fun and stress relieving activates.

Have a plan for the future:

- Have a backup plan; look at other programs or colleges, revise your resume, line up positive references, network.
- Do some soul searching; think about what your strengths and weaknesses are. Think about kinds of work or classroom situations are best for you. Consider what you would like to be doing in 5 or 10 years.

Think about your quality of life:

- Being under stress or facing uncertain situations that we cannot control take a toll on us physically and emotionally, be sure you have a good support group you can rely on.
- Be sure that you spend quality time with your family, and ask for support when needed.