

Strategies for Stress Management During Distance Learning

Feel Better, Perform Smarter

Distance learning can present real pressure and cause stress.

The following slides will give you **strategies on how to cope with stress** as a virtual learner.

Establish a SOLID ROUTINE.

Wake up early, get properly dressed, and eat a healthy breakfast.

Treat school days just like you are attending school as usual.

Exercise.

Use breaks in the day to stretch or do jumping jacks.

Any movement helps!

Keep everything organized.

Stock your work space with necessary supplies: plenty of **paper** to jot down assignments and reminders, sharpened **pencils** and **rubbers**, **calendar** to note dues.

Limit screen time.

Avoid use of screen media other than zoom meetings or video-chatting with remote family and friends.

Smile 😊!

According to science, **smiling can improve one's thought patterns and mood.** The forehead consists of muscles, which have a direct link to the emotional centre of the brain. So when you smile, positive thoughts are sent to your mind.

How do you cope with stress?

It could be as simple as reading a book, or organizing your closet, or taking a bath, or praying, or listening to music.

Share your strategies.

Online Resources:

<https://penguinhall.org/5-tips-for-parents-distance-learning/>

<https://www.intel.com/content/www/us/en/education/right-device/screen-time-and-learning-brief.html>

<https://elearningindustry.com/7-stress-management-tips-for-online-learners-virtual-studies-real-pressure>