

Stress management is a deliberate act

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- Academic
 - financial
 - Interpersonal
- ✦ Should stress, like all other things “negative”, simply to be banished? “Just forget about it”?
 - ✦ Is time management just clever ways of squeezing everything in our schedule, if we push hard enough?
 - ✦ Eating right, exercise, spending time w/ people and sleep for your mental well-being. Can you have them all?
 - ✦ If you can “only three”, which three should you have?

You may not hear anything new, but hopefully you will hear something in this talk that will make you rethink about what you know about stress management again, and *differently*.

1. Evolution (of stress) – alert, alarm, activate; (know your signs: sleep, eating, and cold/flu; “a stitch in time”)
2. Push the limit vs. wrestle w/ the limit
3. Can you “advance” the sleep you are going to get on Sat.?
4. No, MIT is NOT Massachusetts “Imposter” of Technology!
 - A. Know what you can and cannot control –
 - science; faculty; vs. sleep-wake cycle; why you are here;
 - B. Managing the environment and yourself: driver or passenger?
 - Propose, summarize and follow up: the Email thread
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 - C. Managing the environment and yourself
 - a to-do list is not time management
 - “Shopping list” and “hand-off list”
5. **SIPS**
6. Stress management requires **international action**, like everything else you want to accomplish.