



HOW TO MANAGE YOUR STRESS FOR AN ACADEMIC STUDY

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OUTLINE

Identify the source of your stress

Get back to the reset state

Setup a daily routine for work

Release your stress

Turn stress into energy

What is Stress?

There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others. We all react to stress differently.



SOURCE OF STRESS

Course work

Research milestones

Supervision with advisors

Family expectations

Kids

Relationship

Money issue

Health conditions

Inside your Mind

...

A mixed of above



BE HONEST TO YOURSELF

How do you feel today? Accept that everyone get stressed out!



RESET YOUR TENSE MIND

Identify your own way /
pattern to reset your mind

- Reading
- Gym exercise
- Go hiking
- Enjoy your own dessert

Health is the most important
asset

Everyone is different!



SETUP A DAILY ROUTINE

Setup Intermediate goals / achievable goals with supervisors

Keep a logbook for research ideas

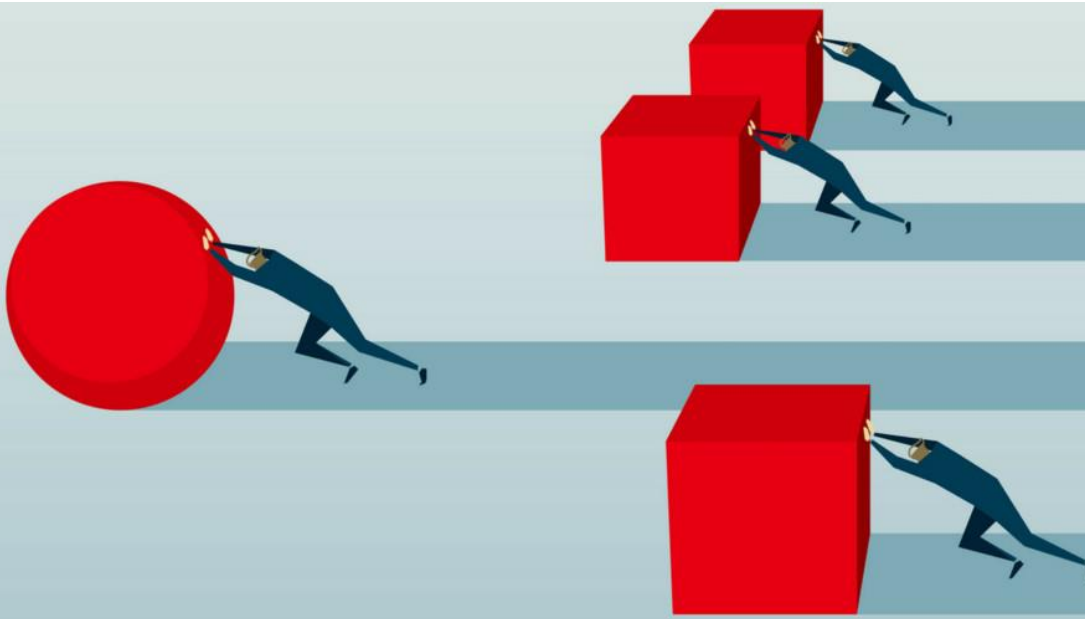
Use Google Calendar to keep track of events / meetings

Build up your supporting circle in office / where you live



WORK SMART

Step back when you feel you are exhausted at work, take a breath



YOU
HAVE TO
TAKE A
STEP
BACK
TO SEE
THE BIG
PICTURE

MANAGE YOUR RESEARCH OUTCOME

There is always a place for a research paper. Aim higher!



RELEASE YOUR STRESS

We are a tiny dust in the Universe. Try to make a difference.

Seek professional assistance – Student Development Services / CityU

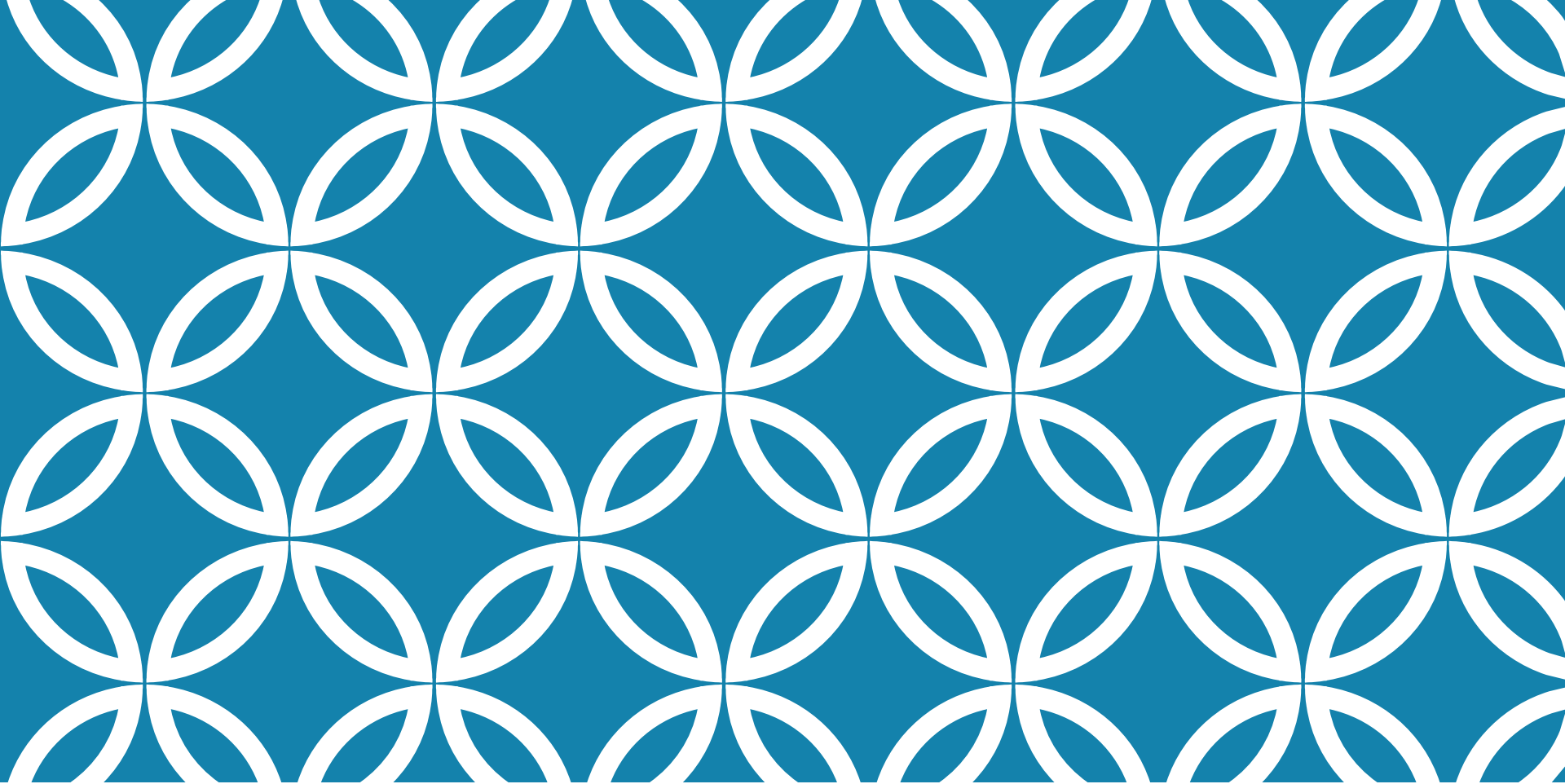


TURN YOUR STRESS INTO ENERGY



Gradually increase the stress level, or otherwise a burst!





**ENJOY YOUR LEARNING JOURNEY
IN CREATING NEW KNOWLEDGE**

Thank you Everyone!