



# TIME, STRESS AND TOO MANY HATS

Most students experience stress – it is common due to the activities you undertake whilst being a student and it can be challenging balancing your life around your other commitments. Sometimes it may feel like you are constantly switching hats all day long or that you don't have enough time in the day.

Implementing a few time management strategies can really help you organise the things you have to do. Be sure to include time to spend time outside in nature to refresh and connect with country.

These can also help defend against anxiety – because you are not getting anxious about when you are going to do all your tasks – you have that covered! Of course, it may need some juggling as life events get in the way, however, planning your days, weeks and semesters has a positive impact on your studies and spirit.

If you need help with this reach out to the Student Advancement Team or Academic Learning Support.

## Guilt

Some students experience guilt for studying, achieving well or taking on many roles. This shows that you care about your education and the people around you.

If you are bossed around by guilt, you may decide not to do a task, however that may get you behind, or you may feel guilty for NOT studying. It can feel like a relentless cycle sometimes.

Learn to engage fully in tasks as you do them by improving your focus and concentration skills or learning how to deal with worry.

Remember you deserve to be at university – embrace it. Your education and achievements are important for you, your family and your mob and can lead to many rewarding opportunities.

A healthy life balance is essential for a healthy and effective student. If you are struggling with managing multiple roles, ask yourself if there is anything you can change or have a yarn with someone you trust to get some advice or help.

Wellmob:

<https://wellmob.org.au/>



## WOLLOTUKA WELLBEING

Wollotuka Counsellor  
02 4921 6469

The Wollotuka Institute  
02 4921 6863

[wollotukacounsellor@newcastle.edu.au](mailto:wollotukacounsellor@newcastle.edu.au)

Artwork: Stronger Together (2021) Artist: Darleen Cooper

