



# ELI Weekly

### Stress Management - Ways to Avoid Stress

First of all, you need to recognize stress. Stress symptoms include mental, social, and physical manifestations. These include exhaustion, loss of/increased appetite, headaches, crying, sleeplessness, and oversleeping. Escape through alcohol, drugs, or other compulsive behavior are often indications. Feelings of alarm, frustration, or apathy may accompany stress. Stress Management is the ability to maintain control when situations, people, and events make excessive demands. What you can do to manage your stress? What are some strategies?



1. Look around - See if there really is something you can change or control in the situation.
2. Set realistic goals for yourself - Reduce the number of events going on in your life and you may reduce the circuit overload.
3. Remove yourself from the stressful situation - Give yourself a break if only for a few moments daily.
4. Don't overwhelm yourself - Handle each task as it comes, or selectively deal with matters in some priority.
5. Don't sweat the small stuff - Try to prioritize a few truly important things and let the rest slide.
6. Learn how to best relax yourself - Meditation and breathing exercises have been proven to be very effective in controlling stress. Practice clearing your mind of disturbing thoughts.
7. Selectively change the way you react, but not too much at one time. Focus on one troublesome thing and manage your reactions to it/him/her.
8. Change the way you see your situation and seek alternative viewpoints - Stress is a reaction to events and problems, and you can lock yourself in to one way of viewing your situation. Seek an outside perspective of the situation, compare it with yours. Then perhaps lessen your reaction to these conditions.
9. Do something for others to help get your mind off your self
10. Try to "use" stress - If you can't remedy, nor escape from, what is bothering you, flow with it and try to use it in a productive way.

I Feel so much better now !!!



Most importantly, if stress is putting you in an unmanageable state or interfering with your schoolwork, social and/or work life, seek professional help at your school counseling center.

For more ways to avoid stress, visit to: <http://www.studygs.net/stress.htm>

### Free Students Activities on Campus

#### • Movie: "Gran Torino"

Student Activities Council's Films Committee presents "Gran Torino".

- Date and Time: **Wednesday, April 15, 9:00 PM - 11:00 PM**
- Location: **PSU Theater**

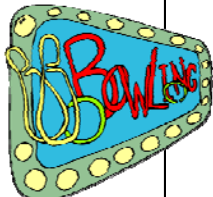


#### • Rock n' Bowl

SAC presents Rock n' Bowl. Free Bowling, Billiards, and so much more.

Event is free to Missouri State Students with valid MSU ID.

- Date and Time: **Friday, April 17, 7:30 PM - 10:30 PM**
- Location: **PSU Level 1 Game Center**



For more events and activities, visit: <http://calendar.missouristate.edu/>

Also, ALWAYS check [the Student Activities Board](#) across from the 2<sup>nd</sup> floor Computer Lab!

## Announcements

- **ELI to MSU Advisement Meeting**  
When: Undergraduate - Tuesday, 4/14 @ 3 pm  
Graduate - Thursday, 4/16 @ 3 pm  
Where: Room 410
- **Fieldtrip** to Lake of the Ozark on Friday, 4/ 17  
Schedule  
9:30 am : Departure  
11 am - 1pm : Hiking  
1pm - 2:30 pm : Lunch (BBQ)  
3 pm - 4:00 pm : Tour Jacob's Cave  
4 pm - 6:30 pm : Shopping  
8 pm : Arriving at the ELI



## Academic Lecture

- **Levels:** 3 & 4
- **Date & Time:** Thursday, 4/16 @ 1 p.m.– 1:50 p.m.
- **Speaker:** John Prescott (Music Deptment)
- **Topic:** World Music
- **Room:** 401



## Weekly English Expression



### Walk You Through !!!

- A:** I'm putting you in charge of a new project. I want you to create some web applications for our marketing product line.
- B:** Alright, sir. I don't know much about programming for the Internet.
- A:** That's OK. I'm bringing in an online application instructor. He'll \* **walk you through** the basics.
- B:** Sounds great, I've always wanted to pick up online designing.
- A:** Great. Take some time to hone your skills and then show me what you can do in two weeks.
- B:** Will do, boss. Thanks!

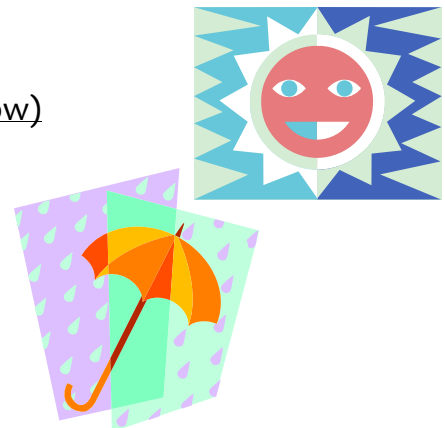
### \*Walk someone through

- Instruct someone carefully, one step at a time

## Weather Forecast

Forecast for April. 13 — April. 19

|                   |                  | Fahrenheit (High/Low) |
|-------------------|------------------|-----------------------|
| <b>Monday:</b>    | Rain             | 47/37                 |
| <b>Tuesday:</b>   | Mostly Sunny     | 59/38                 |
| <b>Wednesday:</b> | Mostly Sunny     | 71/50                 |
| <b>Thursday:</b>  | AM Clouds/PM Sun | 69/49                 |
| <b>Friday:</b>    | T-Storm          | 68/52                 |
| <b>Saturday:</b>  | T-Storm          | 68/49                 |
| <b>Sunday:</b>    | T-Storm          | 62/44                 |



Weather forecasts are **always** changing, so for the most up-to-date forecast, go to: [www.weather.com](http://www.weather.com), or watch the local news or the weather channel.