

HOW ARE YOU COPING WITH LAW?

with Monash Thrive
tinyurl.com/monashthrivestudents

69.1% like to be alone

71.1% like to put their feelings into perspective

73% like to evaluate or analyse the situation



HOW ARE YOUR FELLOW STUDENTS COPING?

LAW CAN BE DEMANDING & STRESSFUL

We know Law can be **very stressful and demanding degree** at times, especially when assignments or tasks can be worth so much of your grade. This can be **overwhelming** and you may feel like you are struggling to cope with your coursework.

When it comes to overwhelming coursework, some ways that we use to cope with it can be more helpful than others. Let's go through a few of the coping strategies that can be used.

69.8% like to complete some form of exercise

Our THRIVE Surveys Found:
47% of students **change their eating habits** (either eating more, or changing their diet) when stressed.
Listening to Music is the most **popular** and most considered the most **effective** way of managing stress by Monash students

76.6% choose to rest, nap or sleep



65.9% like to engage in stress management

HOW DO YOU COPE?

HAVE YOU EVER...

- Used **alcohol** or **changed your eating habits** because you were stressed about what you had to do?
- Browsed through social media (eg. **Instagram, Tiktok**) to distract yourself from work or assignments?
- Focused on a hobby (eg. **tv series, video games**) to take your mind off things?
- Felt guilty** afterwards or **blamed yourself** for putting something off?

It may be a good idea to **assess** if the way you cope is **helpful** to your situation.



UNHELPFUL VS HELPFUL

Unhelpful coping when it comes to overwhelming assignments can be things like blaming yourself or drinking alcohol. They can help you cope but **don't help you to manage your stressful workload** in the long run.

On the other hand, when you engage in **helpful coping behaviours** to deal with coursework, they tend to **reduce** negative feelings like stress and **improve** how you perform in your tasks.

Riley is a fellow Monash Law student. She is very overwhelmed and stressed out by her work and upcoming tests.

When she is **overwhelmed** she does **3 things**:

1 analyses the situation



List out the upcoming assignments and tasks you need to do.

Prioritise things that are more important or urgent.

Plan out when you will focus on each thing. **Include breaks** to avoid overexerting yourself and take care of yourself.

2 asks someone for help



Your **lecturers** or **tutor** can give you tips and support to tackle the coursework and juggle your other responsibilities eg. giving extensions or helpful accommodations for a task or test.

Speaking with friends or **family** about your struggles can make it feel less overwhelming and help you put things into perspective when you have a second opinion.

3 listens to music

Music can do a lot to help with our mood and concentration. **Ambient** songs or even songs you've **listened to a million times** can help you focus (even if it contains lyrics).* An **upbeat** song can also **motivate you** to start an assignment when you're feeling out of it.

By doing these three simple things, Riley is able to **clear her mind** and **de-stress** in a healthy way. This will have helpful effects on her mental health in the long-run.

It is important to engage in helpful coping behaviours to ensure you can continue to work to the best of your ability. Give it a go!