

Freaking Out Stress

Weekly Report Thirty-One 04/23/18-04/30/18

During week thirty-one the calm stress turned into freaked out stress. It seems as though everything that was not due, is due. It all seemed to sneak up. From the final presentation night practice speech, to the final presentation night brochure. There are a lot of things that need to be completed and they need to be completed soon.

The main problem is that it feels as though there is so much to do, but it is unknown what needs to be done. It is similar to the scattered brain feeling, like there is too much that it is impossible to focus on one thing. This causes the problem of nothing getting done when there is many, many things that need to be done. The best idea for this is to make a “to-do” list. Look at everything that needs to be done and when it is due. Then put it in date order, according to when it is due. Once the “to-do” list is finished it can be used to see and focus on one item at a time, in order for everything to be completed on time and in as calm of a matter as possible.

The other thing that was a focus this past week is the final presentation night speech. The in-class rehearsal is on May 2nd and the self practice presentation is due on May 21st. Both of these dates are soon, which means the presentation for the speech needs to be done as soon as possible. It was hard to create the presentation for two reasons. One reason was that the final product is a large section of the speech, but it is not finished. The second reason was that it was significantly hard to put an entire year of work into a 22-27 minute presentation. Even though it was hard and on a time crunch it did get finished. Using the other two presentations from past speeches and then breaking down the other part of the year helped a lot.