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Research Paper Outline

## The Burnt-Out Mind

### I. Introduction:

- A. Introduce what stress management is and a few effects of stress on the body.
- B. Thesis: Students have the misconception that performing various stress-reducing activities will hinder their daily lives and will cause them more stress because it will "waste" the time that they would use for studying. However, students who use different stress-reducing activities like eating healthy, having a healthy sleep schedule, and daily exercise will reduce stress and improve their daily lives.

### II. Effects On Body

- A. There are three states that the body enters when put under a significant amount of stress: alarm reaction, adaptation, and exhaustion states.
- B. Frequent illnesses, depression, body aches, autoimmune diseases, headaches, irritability, trouble falling asleep, and staying awake, changes in appetite, substance abuse, and unusual rates of anger and anxiety

### III. Connections Between Physical And Mental Health

- A. Physical activity modify stress levels.
- B. The mind and body can send stress signals to each other elevating stress.

#### IV. Stress Management Strategies

##### A. 4 A's of stress management

1. Avoid unnecessary stress
2. Alter the situation
3. Adapt to stressors
4. Accept unavoidable stressors

B. Regular exercise and eating healthy reduces stress by lowering stress hormones in the body and increasing the energy within it.

C. Encourage students by being a proactive community by educating and being a part of their daily lives.

#### V. Islamic Perspective

A. Being patient and forgiving is key to avoid anger and stress.

B. One should avoid dwelling in the past so they can move on in life.

#### VI. Conclusion

A. Reiterate thesis statement.

B. Small recap of everything said in the previous sentences.

#### VII. References page:

A. One minimum

B. Rest are online sources

