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HOW TO DEAL WITH

EXAM STRESS

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Exam Stress


Have exams coming up!

Sometimes the pressure you feel can help keep you focused, other times it can cause stress. Check out these tips to help you cope with stress during exam time.

WHAT DOES EXAM STRESS LOOK LIKE?

- Feeling Confused
- Losing touch with friends
- Feeling moody and low
- Having trouble making decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble sleeping or getting out of bed.
- Feeling Confused

WHY DO PEOPLE EXPERIENCE EXAM STRESS?

- Worry they might fail
 - Don't feel prepared
 - Want to do really well
 - Don't have much time to study
 - Need to get a certain result
 - Feel pressure from family to get good marks
 - Feel they need to compete with others
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GETTING READY TO STUDY

It's never too late to set up good study habits. Here are some helpful ideas:

- Find a quiet place to study without distractions
- Set up your study space. Make sure it's not too cluttered and has everything you might need.
- Find out as much as you can about the exam so that you can prepare.
- Ask your teacher if you're not sure of what will be tested.
- Learn to make "Mind Maps" and use them to collect ideas and thoughts. Use bright colors to remember important lines/points.
- Make a plan of what you want to work on each study session. Break it down into small tasks and work on one task at a time.
- Take regular short breaks- Use this time to have a drink, get something to eat or play with a pet.
- Ask for help- if you're having trouble with something you're studying, ask a teacher, friend or parent to help.

TIPS TO HELP WHILE STUDYING

Try these tips and tricks while you are preparing for exams:

- Stick to a routine by eating and sleeping at around the same time each day.
- Get a good sleep this gives your brain time to recharge and remember what you have learned.
- Keep focused on your study- don't let other stuff like friendship worries distract you.
- Avoid junk foods- It will bring a sudden burst of energy and then fall away quickly leaving your feeling worn-out.
- Eat a well balanced diet: lots of fresh fruits, vegetables, cereals, grains, nuts and protein are all good for the brain and energy level.
- Allow yourself time to rest, try out some relaxation activities like deep breathing or listening to music.
- Cut back on energy drinks they can affect nervous system. Drink lots of water.
- Believe in yourself when being constantly faced with new challenges. We often forget to look back at how far we have come and how much we have already achieved. Given that, you have prepared well, there should be no reason for you to worry. Therefore, when experiencing a negative thought try to replace it with a positive one.
- Asking for help is never a shameful act. In the most extreme cases, it can help to save a life. When struggling, talk to friends, family or your teachers about how you are feeling. Alternatively, don't be afraid to seek professional help and support.

Good Luck Everyone!

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