

EAT PROPERLY



WHEN OUR BODY HAS THE FUEL AND
NUTRIENTS IT NEEDS, IT MAKES IT A LOT
EASIER TO MANAGE FEELINGS OF STRESS
AND ANXIETY.

SLEEP WELL



A GOOD SLEEP HELPS YOU REMEMBER
WHAT YOU LEARNED. GET ENOUGH SLEEP,
ESPECIALLY IN THE DAYS BEFORE YOUR
EXAMS.

EXERCISE



PHYSICAL ACTIVITY, LIKE RUNNING AND
SWIMMING WILL LEAVE YOU FEELING
CALM, FRESH AND ENERGETIC FOR HOURS.
SO BUILD EXERCISE INTO YOUR
TIMETABLE.

DISTRACT STRATEGIES



USE SOME DISTRACT STRATEGIES THAT
CAN HELP YOU MANAGE YOUR STRESSFUL
OR ANXIOUS FEELINGS SUCH AS USING A
STRESS BALL, CHEWING SOME GUM,
SIPPING ON ICE WATER, USING FIDGET
TOYS

POSITIVE THOUGHTS



COMBAT WORRY THOUGHTS OR NEGATIVE THOUGHTS SUCH AS "I AM GOING TO FAIL" OR "I CAN'T DO THIS" WITH POSITIVE THOUGHTS SUCH AS "I GOT THIS" OR "I AM GOING TO TRY MY BEST, I KNOW MY STUFF".

RELAXATION TECHNIQUES



REDUCE FEELINGS OF STRESS OR ANXIETY
WHEN STUDYING OR WRITING EXAMS BY
USING BREATHING EXERCISES. FOR
EXAMPLE: TAKE A MINUTE TO CLOSE YOUR
EYES, INHALE FOR A COUNT OF THREE,
THEN EXHALE FOR A COUNT OF FIVE AND
THEN REPEAT.

TALK TO SOMEONE



SOMETIMES JUST TALKING ABOUT THINGS
CAN MAKE YOU FEEL BETTER AND THE
PERSON YOU TALK TO MAY HELP YOU PUT
THINGS INTO PERSPECTIVE.

BE PREPARED



CREATE A CHECKLIST TO GO THROUGH IN
MOMENTS OF STRESS, MAKE SURE YOU
HAVE EVERYTHING YOU NEED AND ENOUGH
TIME.

CREATE A ROUTINE



CREATE A ROUTINE AND INCLUDE THINGS
LIKE STUDY TIME, SELF CARE TIME,
EXERCISE, TIME TO EAT.

