

## 8. LEARN TO PLAY

You need to occasionally escape from the pressure of exam revisions and have fun. Find pastimes which are absorbing and enjoyable to you. Alternatively, you can relax and enjoy an activity daily even if it is for a short period of time.

## 9. GET REGULAR PHYSICAL EXERCISE

Pick up an activity that you enjoy. Start slow if you have not been exercising for a while. Exercise discharges stress and tension from the body.

## 10. LEARN TO RELAX

Pick up meditation, yoga, or muscle relaxation exercise.



## 11. GET A GOOD NIGHT SLEEP

Most problems seem huge in the small hours but may appear different first thing in the morning, so don't skip sleep as a way of trying to manage your stress. Sleep refreshes our body, mind and soul and often gives us a more positive appraisal of our situation.

grab **A LITTLE** resource  
give **push**  
you can **reach FOR MORE**



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# Managing Exam Stress

Examinations are round the corner...  
Feeling the heat and the tension?

...Here's how to deal with it!

## 1. PLAN YOUR REVISION TIMETABLE

Disorganisation can breed stress. Having a number of modules to study for at the same time often leads to confusion, forgetfulness, and the sense that there is simply just too much to cover.

Look through your syllabus & figure out what you need to focus on. Have an idea on how much you know and how much you don't. This helps you decide which module to come first & how much time is needed.

**Remember to stick with your plan!**

Priority	Module	Things to cover	Time needed

## 2. RECOGNISE AND ACCEPT LIMITS

*Most of us set unreasonable and perfectionistic goals for ourselves. We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself.*

## 3. BE KIND TO YOURSELF

*Stop beating yourself up over your mistakes or inadequacies. Learn to be nurturing and encouraging to yourself and forgive yourself. Realise that mistakes and imperfection make us human.*

## 4. AVOID UNNECESSARY COMPETITION

*There are many competitive situations in life that we can't avoid. Too much concern with winning in too many areas of life can create excessive anxiety, and make us tense and irritable.*



## 5. TALK OUT YOUR TROUBLES

*Find a friend, family member, member of your spiritual group, or counsellor you can be open with. Expressing "bottled up" tension to an empathetic ear can be incredibly helpful.*

## 6. OVERCOME FEAR OF DIFFICULTY

*Stress is an inevitable part of life. Sometimes, we are frustrated or upset that a bad thing has happened to us. However, it would be helpful to stop going on about how unfair life is and start dealing with it as an inevitable part of life.*

## 7. FOCUS ON SOLUTIONS NOT JUST PROBLEMS

*Going over the problem again and again in your mind just makes it larger and larger. So, stop dwelling on what has gone wrong and focus instead on the possible solutions.*

