

STRESS BUSTING TIPS EXAM



1. FAIL TO PREPARE, PREPARE TO FAIL

Plan your revision, ensure you are confident with your strong areas; seek help from a teacher about areas you struggle with. DON'T leave everything to the last minute.

2. GET PLENTY OF SLEEP

DON'T burn yourself out, get good sleep at night; avoid sitting up all night. If you prepare well you should sleep well.

3. Take a Break

Take some short breaks from revision. If a topic is confusing for you take a break; send an email to a teacher OR a message to a friend who may be able to help.

4. Make some "You Time"

Take some time to chill out, watch some TV/ Netflix, attend your sports club. Allocate some "planned time" for you.

5. Switch OFF

Take some time to chill out, BUT DON'T let your phone and social media /Gaming take over to the point of distraction, where 5 minutes can turn into 5 hours. Instagram, Fortnite and Tik Toks may make some people rich BUT it's a slim chance, FOCUS on your education as you have a better chance in life with it.

6. Eat Well/Hydrate

Good food and hydration is good for you FULL STOP. Avoid coffee/energy drinks as it will make you feel on edge and make you crash. Being hydrated is good for you as it will help with concentration, the human body is over 50% water.

7. Exercise

Exercise is good for YOU as it releases happy chemicals in the brain and is a great stress buster. Go to your sports club or do something active like a walk, a run, swimming or hit the gym. This will help you refocus.

8. Act Positive

Don't beat yourself up about subjects or topics you are struggling with. Do your best, you have to do the test, it is not going anywhere. Acting positive is getting up and getting at it, asking for help on areas you are weak in to make you stronger. Don't say "I can't do this, it's too hard, I hate it" before you have even entered the room. Change your mindset to "I have to do this test so I am going try my best" and act on that; DON'T beat yourself up before you have even set down to do the test.

9. TEST DAY - TRY YOUR BEST DAY

On the day of the test it's easy to panic, become anxious and nervous; these feelings are 100% normal. FOCUS is key, the test won't care about your feelings, it's there waiting for you, regardless of your emotional state. You need to compose yourself, breathe, think about your revision and give it your best shot. When it's done it's done.

10. Treat Yourself

Make sure you have some sort of reward ready for after. It can be something small or something big, just have something to look forward to.