

Managing Exam Stress



Take Regular Study Breaks

It's important to have regular study breaks and make time for relaxation and exercise. Practising mindfulness helps you focus on what's happening right at this moment. Going for a walk or run is not a waste of time. It's a great way to clear your head and can help you focus. Scheduling time to watch your favourite TV shows or a movie can also be important.



Manage Expectations

External pressures around exams can be huge. These can be hard to deal with, especially with family and people you respect. You need to remember that it's your life and your exam, with you in control. You can only do your best, whatever your best looks like on that particular day.



Ask for and Accept Support

If you're feeling overwhelmed, you might find it helpful to talk to a tutor or a counsellor. It's also important to ask for, and accept, support from your family if you can. This support might be practical, like making efforts to be quiet when they know you are studying. It could also be emotional support, including advice, help or allowing you to vent frustrations.



Take Care of Yourself Physically

It's easy to let exams get on top of you and to forget to look after yourself. If possible, try to get a good night's sleep every night. It's a good time to make an effort to eat healthily, Limit caffeine and energy drinks, as they can give you a short lift but can impact your sleep and your ability to concentrate.



Leave the Stress in the Exam

There's always a light at the end of the tunnel. Exams have a beginning and an end, and the stress that goes along with them should end with the exam. Once the assignment is submitted or the exam is done, there's nothing more you can do about it. Try to focus on other areas of your life and what's in your control.