

## 10 Tips to Deal with Exam Stress

### 1. Exercise

Exercise releases endorphins (Happy Hormones) which help fight stress levels and low mood. Even going for a short walk will help.

### 2. Get plenty of sleep.

Wind down before bed and don't revise under the duvet - your bed is a sanctuary, not a desk. Get your eight hours.

### 3. Drink plenty of water and eat healthy foods

When you don't give your body the fluids it needs, you're putting stress on it, and it's going to respond to that. Fuel your body with the right foods and it will improve your mental health and help concentration.

### 4. Keep a clean & tidy bedroom

Having a messy room makes your mind feel messy and increases stress.

### 5. Give your mind space

Meditation is one of the most effective ways to take a break and see your stress from a different perspective. Take time out to relax

### 6. Have something to look forward to for when exams are over

Spend time with friends, take a trip to the cinema, have a nice meal out.

### 7. Learn to recognise when you're stressing out.

A break or a chat with someone who knows the pressure you're under will get things into perspective.

### 8. Listen to music

Listening to music (with no lyrics) can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer

### 9. Take regular study breaks

Short breaks between working can help you switch off. But longer breaks are important too.

### 10. Don't leave revision to the last minute!

By leaving things to last minute you're setting yourself up for some stressed and sleepless nights - Get organised, make a study plan!

