

Ernest Bevin College

EXAM STRESS-BUSTERS

- 1. Get plenty of sleep**
Keep your sleep routine as regular as possible.
- 2. Take a break**
Take plenty of short breaks as you revise. This keeps you fresher for longer, so you will learn more.
- 3. Leave time for yourself**
You need to put your books down and do something you enjoy for a while if you want to stay in a good mood.
- 4. Be realistic**
Don't try to do too much work each day. If you overdo it, you will not take in the facts you are revising.
- 5. Eat properly**
Make sure your diet includes plenty of fruit and vegetables. Drink juice or water and avoid too much tea, coffee and fizzy drinks.
- 6. Get some exercise**
It's a fantastic stress-buster. Go running, skateboarding, play a sport or just take a walk around the block. You will feel more relaxed. If you are not sleeping well, exercise can make a real difference.
- 7. Be positive**
Don't beat yourself up about things. Instead, be nice to yourself. Make a quick list of five things you have done that you are proud of. This will put you in a good mood, helping you to learn more.
- 8. Chill out**
If you are starting to "lose it" and feel that the studying is getting on top of you, breathe deeply, tell yourself how well you are doing and remind yourself that everything is going to be all right.

