

Know-How to Reduce Exam Stress: Exams Tips:

Dear Students

As you all are approaching your final exams, here are few tips to reduce exam stress in order to bring your anxieties at ease.

They say every problem has a solution, just like how every lock is made with a key. All you need to do is find that key. If you feel anxious or stressed while studying or preparing for the exams, some activities can help you relieve stress.

Tips on how to reduce exam stress and make study fun and interesting:

1. Keep your Study Place Neat & Clean:

You must have heard your mom say, keep your desk clean because ‘a cluttered desk is a sign of a cluttered mind’.

Your mom is right as always.

Our mind gets too distracted when we see other stuff on the table we’re studying.

Clutter can create a lack of concentration. It overloads the brain and impairs the ability to think and leads to stress. That’s why keeping the study table clean is important.

Follow these points to be organized:

- Move the unnecessary stuff like pictures, snacks, etc out of your sight,
- Use drawers and store the unnecessary items there,
- Organize your desk with important items only,
- Once you’re done for the day, take 5 minutes and clean your desk for the next day.

2. Improve your Exam Time Management:

It is said, students who know the time management techniques feel less anxious.

The right time management method helps in avoiding feeling overwhelmed, stressed, and makes you feel more energized & focused. It includes proper rest, enough sleep, and sufficient time to complete your assignments also.

You should:

- Take short breaks during the study hours, it makes you more productive.
- Try to complete the assignments in advance so that you have time to re-check them.
- Start blocking out dates and times for particular assignments on the calendar. Treat it as a fixed appointment.

3. Read Something Interesting to Refresh your Mind:

It's proven that reading something interesting reduces stress by up to 60%. It benefits physical and mental health by slowing down the heartbeat and relieving muscle tension.

When you feel it's time to take a break from the syllabus, pick up an interesting book and read it for 20-30 minutes to continue your studies with more energy.

4. Cut Out Caffeine:

We know, cutting down on caffeine is next to impossible for some folks. It's hard to stay awake without our best friend 'coffee' and memorize that 300-page textbook. Caffeine is a stimulant and increases your stress level despite decreasing it. Consume less caffeine to increase your concentration and relax your mind.

5. Reduce your Sugar Intake:

Did you know that sugar weakens your ability to deal with stress and that's why anxiety loves sugar?

When you are stressed your body releases more cortisol, a hormone that manages stress and blood sugar level. So, if you consume more sugar, the chances of feeling stressed may increase.

Your body sets the blood sugar clock based on your breakfast. So,

- Never skip breakfast.
- Try to avoid eating sugar in the morning.
- Eat boiled eggs, peanut butter, oats, or nuts for breakfast.

6. Take a Break from Social Media:

The Internet was first invented for military purposes and then expanded to the means of communication among people. Now it is used for multiple purposes apart from just being a path to conversation.

But advantages come at a cost. Here, the cost is the lack of concentration and focus.

Checking Instagram and Facebook feed is the first thing that the majority of people do nowadays. However, spending too much time on social media causes distraction and you'll not be able to study properly. The blink of Instagram notifications can divert your focus.

Put your phone on airplane mode, or switch it off while studying. You can also try out some fun apps like Forest, Moment, Offtime, etc., designed to help students ignore using social media and focus on studies.

7. Get enough sleep:

Stress and sleep are closely linked. Stress adversely lowers sleep quality and duration, while insufficient sleep can cause stress. It can even lead to sleep deprivation or sleep disorders.

Taking proper sleep and rest refreshes the brain and helps to be more focused. Doctors also recommend teenagers to take at least 8-10 hours of sleep within 24 hours.

Practice these tips to get a night of good sleep:

- Make a schedule for your sleep patterns that organizes and optimizes your sleep schedule.
- Switch off every device 1 hour before going to sleep.
- Try to read a book or listen to some soothing music.

Grandma's Tip: Take a bath or at least wash your face & legs before going to bed. It relaxes your brain & body and helps you to fall asleep faster.

8. Exercise Regularly:

A fit body means a fit mind.

You will be thinking that how is it possible to take out enough time to exercise while preparing for exams. But do you know regular exercise keeps you fit, motivated, and focused?

We are not asking you to devote all your time and start training for a marathon. But it's important to get moving.

Check out some suggestions:

- You can jog, go biking, or even go for a walk, 5 to 6 times a week for about 30 minutes.
- Set small goals for yourself. Do not push yourself too much.
- Make exercising fun. Listen to music while working out or try dancing.
- Remember, eating nutritious & healthy food is necessary.

9. Priorities your Time & Make a Revision Timetable:

Break your revision down into small chunks. Form a plan so that you won't have to think much at the start of the day about what to work on.

Making a revision routine and writing to-do lists each day will keep you on track. It will boost your confidence and make you super ready for the exams.

10. Put your Worries Aside & Be Kind to Yourself:

Don't be too harsh on yourself. You are doing the best you can. You're following your plan, sticking to it, studying accordingly. You'll get the best. Celebrate your effort and always look for a bigger picture. You can:

- List your achievements.
- Some goals that you have completed.
- Your awards, your rewards.

It will help in believing in yourself and push to do even brighter things.

Lastly, watch this video for some more expert tips to keep in mind Before, During and After your Exams: [VZTGBj7Zyvk](https://www.youtube.com/watch?v=VZTGBj7Zyvk)

If you still feel uneasy approaching your exams feel free to contact your School Counsellor-Ms Astha (9873485062) who can help you deal with it or your teachers to clarify subject related queries or doubts.

REMEMBER: "Help will always be given at Hogwarts to those who ask."

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Albus Dumbledore

Our favourite movie 'Harry Potter and the Chamber of Secrets' also teaches us that help is only given to those who ask for it.

ALL THE BEST! 😊👍

HOW TO REDUCE EXAM STRESS?

Try These Tips



Stick to a proper routine



Get good sleep



Don't let social media & other stuff distract you



Avoid junk food & eat a well-balanced diet



Never skip taking rest



Mini rewards are a must: Watch TV or listen to music