

Exam Stress Busting Tips

Exam periods can often be overwhelming, so here are some top tips on tackling the upcoming weeks.

As we head towards another year of exams, the world can often feel like it is on top of you. It is understandable. Assessments and exams are a daunting task. It is important to remember that there are strategies to help deal with these anxious emotions and to help focus your mind.

Here are some top tips for busting stress and keeping calm during exam season.



- **Do something you are passionate about or you enjoy** - Doing this can help bring fun and freedom to life and reduce the awful impact of stress.
- **Stay hydrated** - Staying hydrated can really help with revision and will keep you concentrated.
- **Get lots of sleep** - Sleep makes you energised which is very important for revision. Sleep can also help you remain calm which will help you focus during your exam.
- **Mindful colouring between revision** - This will help you be calm and relaxed.
- **Take a nice relaxing bath to soak away that stress** - Studies have shown taking a bath activates part of your nervous system which is responsible for relaxation.
- **Exercise and have lots and lots of fresh air** - Exercise and fresh air increase oxygen levels inside your brain and raise serotonin levels which in turn raises your mood!
- **Listen to your favourite song and dance** - Music and dance make your body release endorphins which will reduce stress and help your body feel happy and optimistic.
- **A bit of gaming can refresh your mind** - Gaming can produce dopamine (your happy hormone).
- **Pop on Netflix and binge your favourite show in between revision** - Watching something you know well can make you feel comfortable and relax you.
- **Take regular breaks from revision to have a nice snack and drink** - Food and drink are fuel, if the tank is empty it won't work. This is also a way of rewarding yourself for your hard work.
- **Don't pressure yourself, take a deep breath.**

- **Limit caffeine** - Caffeine activates the stress axis which increases blood pressure.
- **Manage your expectations** - Don't put too much pressure on yourself, it's not good for you.
- **Accept and ask for support** - Asking for help is not a sign of weakness, a problem shared is a problem halved.
- **Use a mind map instead of writing notes** - This will make things easier to remember and more fun to revise.

It can often seem like a mountain to climb when focusing on your exams. Step by step, leap by leap, it is important to remember that you are human. Your body and your mind need time to relax and unwind to fulfill its potential - trying to tackle that mountain all in one go will not work. Having breaks in this upcoming period as well as working hard is crucial. Best of luck to all students sitting their upcoming exams.

Maisie L

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