

## Exam Stress Survival Tips for Students

Although stress can be a great motivator, we wanted to provide some tips for when it gets the best of us. It can paralyze us, overwhelm us, make us avoid studying, or can make us neglect everything else that is important. These tips won't take all the stress away, but they can help you cope with it so you can get through the next few weeks!

1. Eat! Make sure you fuel yourself every few hours. And make sure it's healthy....fruits, vegetables, healthy greens, smoothies, granola bars etc etc.
2. Take breaks every 45 minutes to 1 hour. Give yourself 5-10 minutes.
3. Statements like "I'm going to fail", can lead to "I'm going to fail all my classes, I won't graduate high school, I will never amount to anything, I'm a failure" etc.
4. Instead of that....try realistic statements like "I might not know it all, but I'll get through it, I've gotten through stressful times before"
5. When your heart starts beating, head starts to pound, hands get sweaty - that's anxiety. Close your eyes, slowly inhale, hold, and slowly exhale. Repeat this 5-10 times. This technique is called Deep Breathing and can be very helpful in times of stress.
6. Get enough sleep. Especially the night before your exam. It might be hard to sleep; you might feel like you need to keep studying. Your brain and body need rest.
7. Before you start studying, do some jumping jacks, walk your dog, run in one spot, anything to get your blood flowing. Research shows that physical exercise can help you retain more information, and is a great stress reducer as well!
8. Vent! Call up your friends and talk about how stressed you feel. Set a time limit to do this! Talking to others will help you share how you feel, and you can talk to someone who is going through the exact same thing.
9. During the exam, try to focus on your own work. You might need more or less time than others, this doesn't mean you are more or less smart, just means that everyone is different. Take deep breaths before you start and anytime you feel anxious.
10. Lastly, just know that "this too shall pass". You will get through it. Have faith in yourself and your skills. You will cope with whatever comes your way.

Good Luck!