



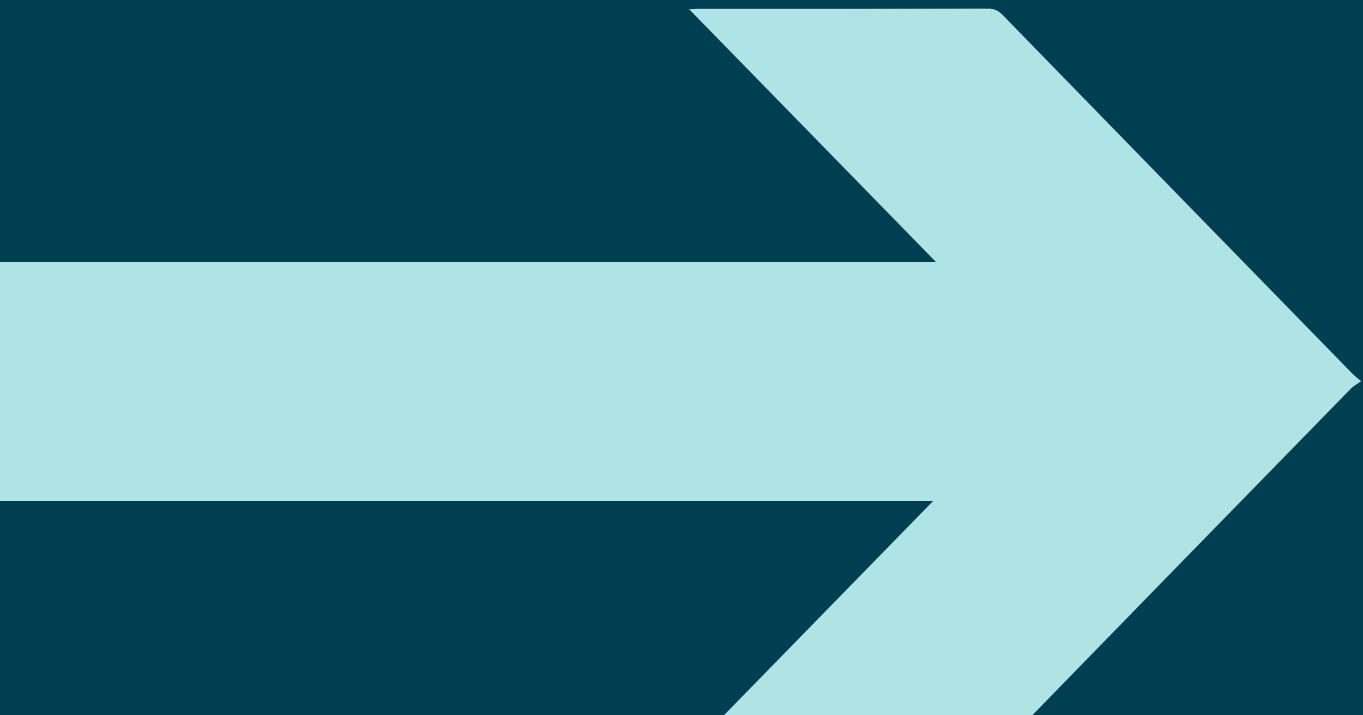
HOW TO MANAGE YOUR STRESS

Understand good stress and bad stress

Understand the impact of stress on our mind and body

Understand the importance of planning effective study time

Learn some top tips on staying well during this crucial period

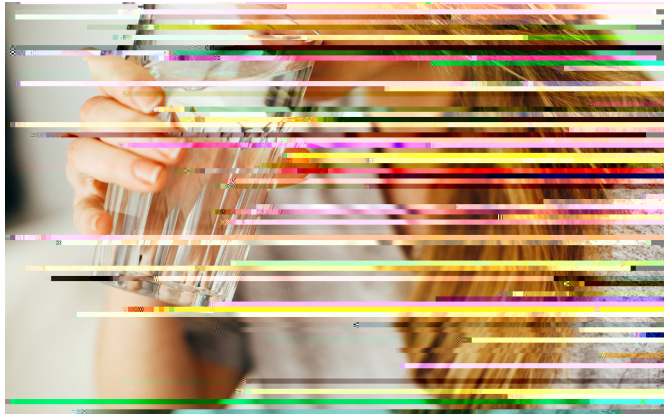
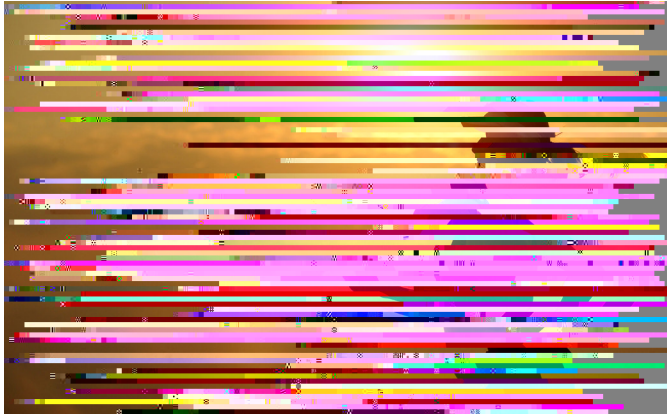


ADRENALINE

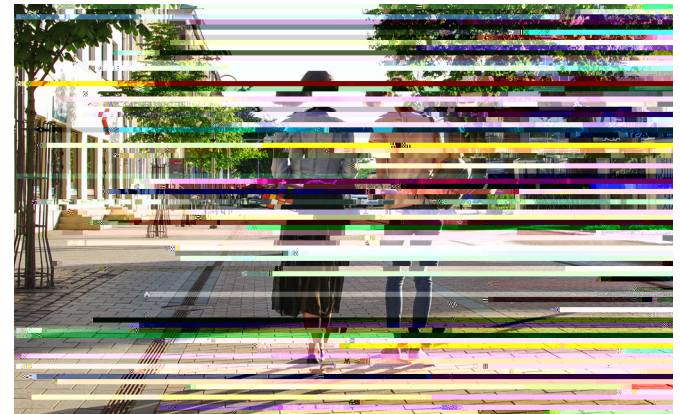
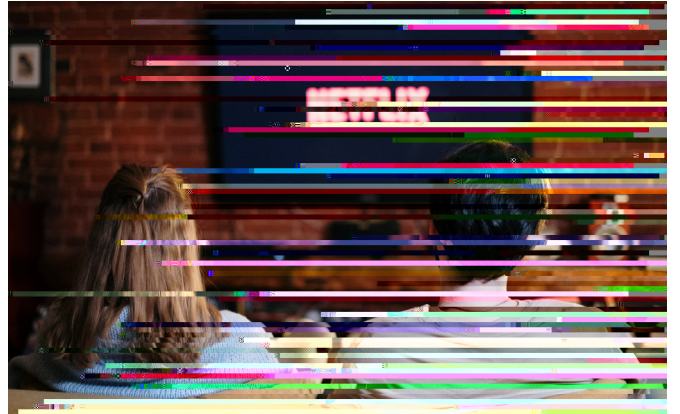
Adrenaline is a chemical produced in the body when you are excited, frightened, stressed or angry.

In the right quantities, it can sharpen your thinking, help you concentrate and have great ideas.

Look after our bod



Look after our emotional wellbeing



CHALLENGE NEGATIVE THINKING

Negative thinking

"I will fail, I am no good, I am stupid."

All or nothing thinking

"I must get a 1st, otherwise my career chances are ruined!"

Catastrophising

"If I don't, my life will be ruined and my parents and friends will never speak to me again!"

Think about how you waste your time

- Facebook/social media
- Doing unnecessary tasks
- Spending too much time on certain tasks and not spreading your time effectively
- Procrastinating - putting something off to avoid doing it

Plan your study time

- Write a timetable of what you need to do and when you are going to do it
- Don't forget to add all the other important things you must do as well. Life doesn't stop just because of exams
- Build in break times and make sure you stop at least one hour before you go to bed
- Plan an occasional treat during the study period - a trip to the cinema or a meal with friends

Do

- Study at a time when you work most effectively
- Organise a calm study space
- Plan your study and plan in breaks and/P