

# COPING WITH EXAM STRESS

## TAKE TIME FOR YOU

Setting aside a couple of minutes every day to practise mindfulness techniques, such as breathing exercises helps you to calm down your body's stress response and shift your attention back to the present moment.



**GOOD LUCK, EVERYONE!**



## EAT, SLEEP AND EXERCISE WELL

Taking care of your body is vital, getting 8/9 hours of uninterrupted sleep and eating a balanced diet will help you perform better.

## SET ACHIEVABLE GOALS

Make sure you are setting realistic goals, so as not to feel overwhelmed. Accepting your situation and working within your abilities will help avoid burnout.

## TALK IT OUT

Asking for help is nothing to be ashamed of, talk to friends, family, or your tutor about how you are feeling. Vocalising what you are struggling with allows you to resolve the issue a lot faster.



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www.bluestamptravel.com  
enquiries@bluestamptravel.com  
0115 9404 500