COPING WITH EXAM STRESS

SET REALISTIC GOALS

Set attainable goals and work within your abilities to avoid feeling overwhelmed and prevent burnout.

EAT, SLEEP, AND EXERCISE WELL

Taking care of your body is vital: get 8–9 hours of sleep and eat a balanced diet to help you perform at your best.

TALK IT OUT

Don't be afraid to ask for help. Talking to friends, family, or your tutor about what you're struggling with can help you resolve it much faster.

FOCUS

Practise mindfulness every day, like breathing exercises, to calm your body's stress response and bring your focus back to the present.

GOOD LUCK EVERYONE!

BLUE STAMP TRAVEL