

ACADEMIC STRESS

There are lots of possible signs of stress. **It can make you feel:**

- Irritable
- Anxious
- Like you cannot enjoy yourself
- Worried a lot of the time

You may start to:

- Have sleep problems (insomnia)
- Find it hard to concentrate
- Bite your nails, pick your skin or grind your teeth
- Snap at people
- Feel short of breath or breathe very fast

THINGS THAT CAN HELP WITH STRESS

Short periods of stress are normal and can often be resolved by something as simple as completing a task which cuts down your workload, or by talking to others and taking time to relax.

It might also help to:

- Work out what it is that's making you feel stressed, e.g, exams, money or relationship problems? See if you can change your circumstances to ease the pressure you're under.
- Try to have a healthy lifestyle. Eat well, get enough sleep, be physically active, and take time to relax as well as working and studying.
- Avoid drugs, including lots of caffeine - this can have a negative impact on your stress levels and wellbeing.
- Try not to worry about the future or compare yourself with others.
- Try to plan your time to help you keep track of your work. Break it down into manageable chunks so you can keep up with deadlines.
- Try talking to a friend, teacher or someone in your family about your stress.

TIPS TO STOP EXAM STRESS PROCRASTINATION:

- **Start small** – Break large tasks into smaller chunks, and pick one that you can do now – so that you’re underway almost without realising it!
- **Make a plan** – Put times or dates on the key tasks on your list, so that you know what to concentrate on and when.
- **Finish things** – When you spot a task that’s nearly done, put extra effort into getting it over the line. Don’t be tempted to leave lots of jobs almost finished: enjoy the satisfaction of ticking them off your list!
- **Deal with distractions** – What can you change about your environment to improve your focus? What needs to be put out of reach until this task is done?
- **Be kind to yourself** – No one ever gets to the end of their to-do list! Do your best to meet your deadlines, and celebrate your successes. But be realistic: you’ll always have more to do than there are hours in the day.

Read about the five steps to mental wellbeing.



Try relaxation and breathing exercises.



Tips on preparing for exams.

