

## Exam Stress - How to Beat It

The effect of stress on the brain - Click [here](#)

- 1. Sleep** - Sleep is your number 1 friend - nothing can do more for your performance, once you get close to exams, than a good night's sleep. DO NOT revise late at night. Relax before bed - and away from screens.. Click [here](#).
- 2. Balanced diet** (and drink lots of water!). It's so tempting to feed yourself up on junk food when you are stressed, but it's not what your body needs to cope with the stress. On the morning of an exam particularly you should eat slow release carbohydrates, feeling hungry half way through will not help - and remember your water bottle.
- 3. Exercise**- Exercise massively relaxes you and is an excellent way to release tension that has built up inside of you. Try to plan it into your routine during revision AND the exam period. Click [here](#)
- 4. Organisation** - Get sorted now to beat the 'fear' - work out the exact day/time /place of each exam, how long it lasts, what equipment you will need, what the paper includes, how it is marked...
- 5. Classical music** - Classical music has been proven to have a calming effect on the brain, so if you can find some that you like, make sure you have it on your phone or IPod ready to listen to when you are feeling tense. If you don't like classical music at all there may be another type of calming music that you do like, which could work equally well.
- 6. Helpful Mantra** - Find a personal mantra - you own positive 'self talk'. When you start to feel anxious, stop the negative thought IMMEDIATELY by repeating your mantra over and over again, REFUSE to let the negative thoughts take control.
- 7. Positive Visualisation** - Before the exam, visualise yourself opening the paper and feeling calm and in control. Imagine the first question being exactly what you know best. See yourself finishing the exam, knowing that you 'aced it'.
- 8. The Right Friends** - In the run up to exams avoid friends who you know will make you feel negative - either because THEY are very stressed, or because they are competitive and will make you feel like you know nothing compared to them. Choose to be around people who make you feel calm and positive. And after each exam - NO past-mortems.
- 9. 'Hero Posture'**- How you hold yourself actually affects the chemistry of the brain and how you feel, so sit up/stand up straight and pull your shoulders back, as if you're ready to take on the world!
- 10. Deep Breathing**- Breathe in deeply and slowly - and out equally slowly, five seconds in and five seconds out, not just once - but repeatedly.