



# DEALING WITH **EXAM STRESS**

If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



## **KEEP FIT**

by taking some exercise you enjoy



## **RELAX**

perhaps by sitting quietly or meditating



## **EAT WELL**

but healthily



## **PLANNED TIME AWAY**

take some planned time away from study, rather than avoiding revision



## **RECOGNISE ACHIEVEMENTS**

be pleased with your achievements as you revise

## **REWARD YOURSELF**

reward yourself with an occasional treat



## **SLEEP**

get sufficient sleep

