



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

