

DEALING WITH EXAM STRESS



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Test and Exam anxiety and stress can be a normal part of every student's life. While some stress and anxiety are normal and important to perform better, sometimes it becomes too much and anxiety or stress can hamper performance. Therefore it is important to take responsibility and manage stress and anxiety throughout stressful periods such as exams times.

The following are ways that you can manage your stress and anxiety:

- Prepare well for exams. This can boost your confidence and reduce fear of failure.
- Practice mindfulness techniques.
 - * Make sure you are sitting in a comfortable position in a quiet environment
 - * Think of a place where you would normally feel safe, comfortable and relaxed
 - * Take a deep breath in
 - * Hold in your breath
 - * Breathe out slowly
 - * Repeat the process as often as needed
- Make sure you eat well and balanced throughout this period of time. Avoid excess sugar as this may affect your concentration negatively.
- Remember to stay hydrated.
- Reduce your caffeine intake if your experience overwhelming symptoms of stress and anxiety. Excess amounts of caffeine can make these symptoms feel worse.
- Get enough sleep. This is important as research shows that when you lack sleep it can impair one's memory and reasoning abilities.
- Take power naps in your study breaks.
- Exercise regularly. This is a well proven way of lowering stress. The Heart Foundation recommends 30min a day.

- Organise yourself. Make sure you know the scope of your exams, where your books and notes are and how much time you need to study, well ahead of time.
- Plan your Study Routine.
- Think positive. Research has shown that positive thinking can lower feelings of stress, depression and improve physical well-being
- Find something you can use as a stress outlet. Practice a sport, hobby or engage in a positive conversation with a friend. You could schedule this throughout your day for 10, 15 or 20 minutes as a break after a long study session.

KNOW THAT HELP IS AVAILABLE

Psycho Social Support (Office Hours per appointment)

Life Coach

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