

EXAM STRESS

It can be easy to lose perspective during exam time. Your usual day-to-day routine gets busier and more hectic and you may be feeling lots of pressure to do well. But if you can keep stress under control, chances are you will perform better.



Know the symptoms of stress

PHYSICAL

- Back pain
- Chest pain
- Clenched jaws
- Headache
- Increased sweating
- Muscle aches
- Pounding heart
- Shortness of breath
- Skin breakouts
- Sleep problems
- Stomach upset, constipation or diarrhoea
- Teeth grinding
- Tiredness
- Weight gain or loss

EMOTIONAL

- Anger
- Anxiety
- Depression
- Feeling insecure
- Guilt
- Irritability
- Mood swings
- Negativity
- Restlessness
- Unable to concentrate
- Worrying

What to do if you are experiencing signs of stress

There are ways you can cope better;

- Learn relaxation techniques to help keep you calm such as deep breathing, meditation or yoga
- Make time to exercise and move around – this is a great way to reduce stress
- Set realistic goals and expectations
- Make sure you get enough sleep
- Don't skip meals or eat junk food to save time. Eat fresh healthy food such as fruit and vegetables.

What else can you do to keep stress away?

Be prepared. Don't waste time worrying about your exams, focus on studying instead. Spend time preparing yourself as best you can. Remind yourself that you know the information. Look for help from the teacher, a tutor or another student if you don't.

Study tips

- Find out as much information as you can from your lecturer – what will be covered in the exam, what type of test it is and how much time you'll have
- Start preparing for your exam by studying a little bit each day instead of waiting until the last minute, create yourself a study plan and/or timetable



- Keep studying the same material over and over well before the exam. This will make it more likely that you will remember it on exam day
- Study past papers and exams and test yourself
- Go through your texts and study notes and make each heading into a question. Use the questions to test yourself
- Repeat the information out loud in words you understand
- Rewrite the information in your own words
- Think of ways to help you remember the information. You could think of rhymes or create an image in your mind to help you remember

Emergency Service Helpline: 1800 006 745

Over-the-phone help for emergency medical assistance, stress and trauma counselling, plus interpreter service. Available 24 hours, 7 days a week.



All Enquiries: 134 246

ahm OSHC, Locked Bag 1006, Matraville NSW 2036
Email oshc@ahm.com.au Web ahmoshc.com
Fax 1300 329 246