

TO MANAGE STRESS DURING EXAMS

EXAMS **10** WAYS STRESS FREE



- 1 Create a study plan:** Break up your study sessions by course and topic to stay organized.
- 2 Pet therapy:** Nothing beats a cuddle session with a dog or cat.
- 3 Get some exercise:** Getting outside and getting your heart rate up has many benefits, including stress relief.
- 4 Turn on some tunes:** Try some calming white noise to focus or some fun beats to lighten your mood.
- 5 Make time for sleep:** Pulling an all-nighter might be tempting...but sleep is your best friend.
- 6 Get zen:** Find a quiet spot to clear your head. Try guided meditation or deep breathing.
- 7 Eat a healthy snack:** When your body feels good and nourished, studying won't feel so draining.
- 8 Disconnect:** Recharging your battery is important too—your phone and social media can wait.
- 9 Be positive:** Believe in yourself and be confident going into the exam. You can do this!
- 10 Talk it out:** Talking with supportive people might be just what you need to relax.

LOOKING FOR MORE SUPPORT?

Student success advisors can help you with time management; studying and writing exams; and more!

Book an appointment on [MyGCLife](#)



Georgian's Mental Health and Well-being team and new Peer Support program can help you keep your mental health a priority. Connect with mental health services at mhwb@georgiancollege.ca