

DEAR STRESS - LET US BREAK UP!

Stress is something that can be tackled and controlled. Parts of our stress feelings come from how we react to what is (or is not) happening.

Believe that “**I am in charge of my life!**”.

Stress Builder

- I'll never get this assignment on time.
- My teacher did not respond to my saying good morning. (S)He's probably displeased with my work, and I'll get a bad evaluation.
- I can't get the mistake I made in Q10 out of my mind. The paper is ruined. I have disappointed everyone.

Stress Buster

- If I stay focused and take it one step at a time, I'll make steady progress.
- I'm jumping to conclusions. My teacher may have been in a bad mood. So far all my evaluations have been positive.
- No one is perfect. I did my best. I'm over-reacting to one mistake when the overall paper is fine.

Some Easy Things To Do for Students

- Know your concentration span, study with breaks.
- Work out best time for concentration.
- Group study for difficult subjects.
- Do not let previous results discourage you – identify your weak areas from previous exams. And work on them.
- Time management plan must be made for all subjects.
- Choose a study place with minimum distractions and autosuggest to yourself about your resolution.
- Try to coincide study time with the time, you would be taking an exam.
- In case of average achievers, master what you know and are comfortable with.
- For low achievers, master the essential information first.
- Prioritize the workload. Give your best concentration time to the toughest subject.
- Repeat your learnt work so the recall in exam is easy. Work not repeated or revised is easily forgotten.
- Try to plan your revision time by drawing up a timetable.
- After you have finished your revision, give yourself a few treats –like watching your favourite TV programme, listening to music, going out with friends, or playing football.
- Eat brain foods. Bananas, dry fruits, chocolates (in moderation) energize the brain.
- Do not get anxious about the result – cross that bridge when you come to it...options await.

ROSES

Revise & recap

Organize your time and study load.

Sleep & rest.

Exercise & eat healthy.

Speak your heart out to near & dear ones – whenever, wherever!

QUICK TIPS

➤ FOR IMPROVING CONCENTRATION

- **Deep Breathing:** Breathing exercises improve concentration, control blood pressure, calm a racing heart rate, tension in muscles, and energizes the body. Just sit in a comfortable position, eyes closed and try to remove all thoughts from the mind. Inhale deeply, within a span of 7-10 counts, hold breath for few seconds and then exhale slowly.
- **Power Naps:** These naps help to rejuvenate and increase alertness. There is no harm in taking the power naps for 20-30 minutes.
- **Brain Gym Exercises:** Also improve attention span, memory and enhance concentration.
- **Know When You Study Best:** morning, night or the middle of the afternoon. Plan your TTD list accordingly. If you are starting on a difficult or new topic for the first time, do not start at night unless you study better in late hours.
- **Change topics:** changing the subject one studies every one to two hours for variety helps maintain concentration

➤ Physical Exercise:

Exercise is vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective in reducing fatigue, improving alertness and concentration, enhancing overall cognitive function. You can try Jogging, Skipping, Walking, Aerobics

Time Management

Managing your time effectively is an important part of studying. One common mistake is to try to create an overly restrictive schedule which doesn't work, and then feel very guilty that it doesn't work. Telling yourself that schedules just do not work for you is another common mistake.

➤ **Sometimes Indulge Yourself and Rejuvenate:**

Music: Listening and creating music helps relieve stress and calm the mind. Playing musical instruments also helps to express yourself and relieve tension.

You can also try:

Sketching

Watching funny videos

Reading jokes, comics

➤ **Draw with Music**

Put a pen or a pencil on paper and start moving with the rhythm. Sharp music may prompt to draw jagged edges or bold lines whereas softer rhythms may help in calming the nerves.

➤ **Do Not**

- Collect new notes and materials from friends, read and learn them till the last minute without time for revision.
- Sit for long hours continuously to read by not taking breaks for bath, food, relaxation and sleep. It makes you feel more tired, reduces concentration and makes studying boring and dull.
- Keep awake whole night few days before the examinations.
- Excessive use of Coffee or Tea to keep awake the whole night.
- Give up studying totally.

Be Aware of the Myth

Drugs and Medicines do not improve the memory.

Many youngsters are often lured by this thought.

The truth is that lack of certain nutrients in the food affects concentration leading to tension and anxiety which inhibits learning.

On the Day of Examination

Smile Your Way to the examination hall

- Have a light but adequate breakfast Don't skip your breakfast, getting hungry during the middle of the examination can be distracting.
- Check whether you have taken all the necessary things – pens, pencils, geometry box, and hall-ticket
- Leave for the examination hall well in advance
- Just remain calm: avoid people who panic, at the exam centre
- Avoid negative thoughts, like 'I have not prepared well', 'I may fail in this examination' or 'I have not covered all the portions'. Tell yourself 'I can do'.
- Avoid revising things just before entering the examination hall.
- Take deep breaths, do a prayer and be relaxed.

- ✓ Read the instructions carefully. If there are any doubts clarify with the instructor, teacher or invigilator.
- ✓ Read the Question paper carefully and plan the answers. Allocate time for each question.
- ✓ Start with what you know the best.
- ✓ If not sure of an answer, do not spend long time thinking and recalling answers. **Go to the next question. Handle the less known questions later.**
- ✓ Write legibly.
- ✓ Answer to the point and avoid writing unnecessary information to make the answer appear long.

Count your blessings - There is no fixed technique to banish stress. Make a mental note of good things. Then put them down on paper, and read them every time you feel stressed.

Compare with yourself and see the changes. NEVER compare yourself with others. Everyone is different.

How Parents can Help

- ✓ Guide children in planning, organizing and setting a Time Table.
- ✓ Never harp on previous failures or results.
- ✓ Avoid a stress situation and provide right kind of motivation and a conducive environment.
- ✓ Help the child to develop self-discipline, self-direction, self-confidence and a sense of achievement.
- ✓ Just good schooling and tuition are not substitutes for emotional cushioning.
- ✓ Help the child in maintaining his/her confidence especially when he/she seems discouraged by dropping marks or grades. Do not displace your anxiety on the child.
- ✓ The achievement goals should be realistically set according to the child's capability.
- ✓ Do not mix academic problems with family conflicts.
- ✓ Praise the child when he/ she does well.
- ✓ Encourage the child's performance with positive statements like, "well done", "you can do better", rather than saying "that was not enough".
- ✓ Work out schedule with him/her instead of nagging. There could be learning problems/time management issues.
- ✓ Under achievement may be due to some children believing it is safer not to try than to try and fail.
- ✓ If achievement expectations are too high then some children would prefer to be criticized for being lazy than being considered not good enough.