

SQA Study Guides

Coping with stress

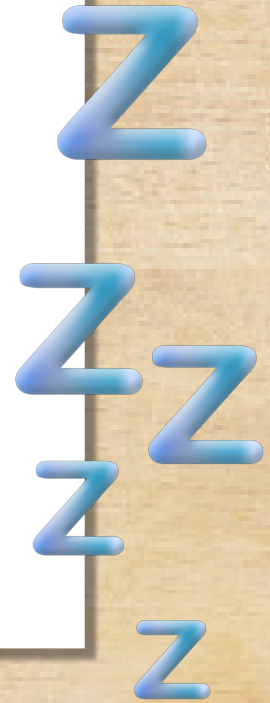
Everybody gets a little bit stressed every now and then. After all, it's just the body's way of coping under pressure.

- A little bit of stress can be useful in exams as it can help keep you motivated and focused.
- Too much can result in feelings of panic and lost concentration.



It's really important to strike the right balance between study and leisure time.

- Get plenty of sleep at night.
- Most people need around 8 hours sleep on average
- It helps your brain to sort out all the important information you've been studying.



Build some good-quality relaxation activities into your schedule.

- One quick and easy remedy is to take several long, slow deep breaths.
- Breathing in this way calms your whole nervous system.



Feeling nervous in the days before an exam or on the exam day itself is not at all unusual.

- It really helps to try to stay calm and focused.
- Channel all the nervous energy into your work.
- A few deep, slow breaths, will help and allow you to concentrate on doing the best you can in your exam.

Calm

Relax

Breathe

When you're caught up in the stress of exams, it can be really difficult to keep a good sense of perspective.

- In the great scheme of things, they're just a small part of your whole life.
- Stay calm and focused and prepare as best you can.
- The calmer you are, the more likely you will get the results you desire.

