

STRESSED or WORRIED about your exams!



Exam time can be a very troubling period in a young persons life. Even more stressful are matric exams. These are often seen as the last step towards freedom, towards following the career path of your dreams., and making yourself and loved one's proud! Regardless of what matric exams symbolise for you, its normal for these excitements to quickly turn into anxiety, fear and worry. These feelings are normal and manageable.

Why you may be feeling **STRESSED** or **WORRIED** about your exams.

- You may be worried about doing well as others may be expecting the best from you
- You may be worried about having enough time to prepare
- You may be worried about what the future holds after matric
- You may feel the need to compete with others
- You may be struggling to grasp the concepts you will be writing on
- You may be worried about other things in your life, including challenges brought on since the covid-19 pandemic such as loss of loved ones, major changes in your family life, health concerns, etc.

It is important to know that these are normal feelings of worry or stress that are to be expected from matriculants during this time. It is important to check in with yourself on how these are impacting on your functioning and speak to a trusted friends on teacher and get the support you need.



The following are practical tips on how to create and maintain a **HEALTHY EXAM ROUTINE.**

1. **Set aside time to study** – You may have other things on your schedule that you may need to shift around as much as possible to prioritise time for your studies. Negotiate home chores as far as you can. This may mean less time hanging out with your friends(just for a while!)
2. **Try to find a designated area for studying** – Setting up study area doesn't need to be fancy or complicated. It just needs to be quiet, tidy and uncluttered. This helps to put you in a relaxed mood when you study.
3. **Make sure you have all the information you will need about your upcoming exam** – This could include your class notes, past exam papers, your study timetable and all other relevant details.
4. **Take notes as you study** – Be creative and use colours , Mnemonics(tricks to help you remember) Mindmaps , etc.
5. **Consult with your peers or teachers** – Its sometimes helpful to form study groups and go over exam material together. If this is not possible, you can occasionally check in with your friends and also ask your teacher for help when you get stuck.
6. **Take regular short breaks** – Its can be tempting to go on long stretched of studying without breaks, but try and take breaks as often as you can. Take a walk, drink water, eat, walk to the local store, spend some time with family, etc. **NB: Try to eat and drink healthy foods instead of substances or cooldrinks as far as possible. A break should be something that gives your brain time to relax and consolidate all the information you have taken in. So bear this in mind when choosing a “break activity”. TV and being online might not be the best!**

The following are practical tips on how to safely cope DURING the exam period.

- 1. Get enough sleep** – Many people think exam period should mean sleeping for 3 hours a night. However, getting good sleep is a very important part of your study routine. This gives your brain time to relax and consolidate what you've learnt. You get to recharge for your next session.
- 2. Establish and maintain a healthy routine** – Try to study, eat and sleep around the same time every day, as much as you can.
- 3. Try to opt for healthier foods and drinks as much as you can** – I.e., Fruits and vegetables instead of energy drinks and sweets. And drink lots of water!
- 4. Reward your efforts** – Try to give yourself rewards for each study goal you meet. Remember, these should not take you outside of your routine, but should still be enjoyable.
- 5. Practice relaxation** – Regularly practice relaxation techniques like deep belly breathing, yoga or listening to music. These will be useful while you study to keep you on track, but could also be useful during the exam if you get a sudden spike of anxiety or stress (you could take a few deep breaths to calm yourself and refocus).

Know when it's time to get help

Sharing and talking helps us to stay connected. If you are battling to manage your emotions on your own contact the CSVR Trauma Clinic hotline to talk to someone about your emotional wellbeing during this time.

SMS 'PLEASE CALL ME' 071 241 1831

WE WILL CALL YOU BACK



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