



How to cope with stress.

What is stress?

- Stress is one of the body's natural responses to something that is threatening or frightening.
- It is something that we all experience from time to time.
- Stress is not necessarily harmful: mild forms can motivate and energise you.
- However, if your stress level is too high then it can cause difficulties, including hindering your ability to prepare for and perform during your exams.

How do people deal with stress?

For many of us with hectic, stressful lives, relaxation means zoning out in front of the TV at the end of the day or snatching some extra sleep at the weekend. Unfortunately, this does little to help reduce the damaging effects of stress on the mind and body.



Six strategies for dealing with stress

1. [Remember to eat and drink](#)
2. [Get enough sleep](#)
3. [Take regular exercise](#)
4. [Control your breathing](#)
5. Make time for fun
6. [Improve your study skills](#)

Planning will reduce stress

- Where does your time go?
 - 168 hours in the week – use them wisely
- Allocate time for essential tasks
- Schedule in time for studying – including breaks
- Schedule time for YOU e.g. relaxation, social, exercise
- Be aware of procrastination...

