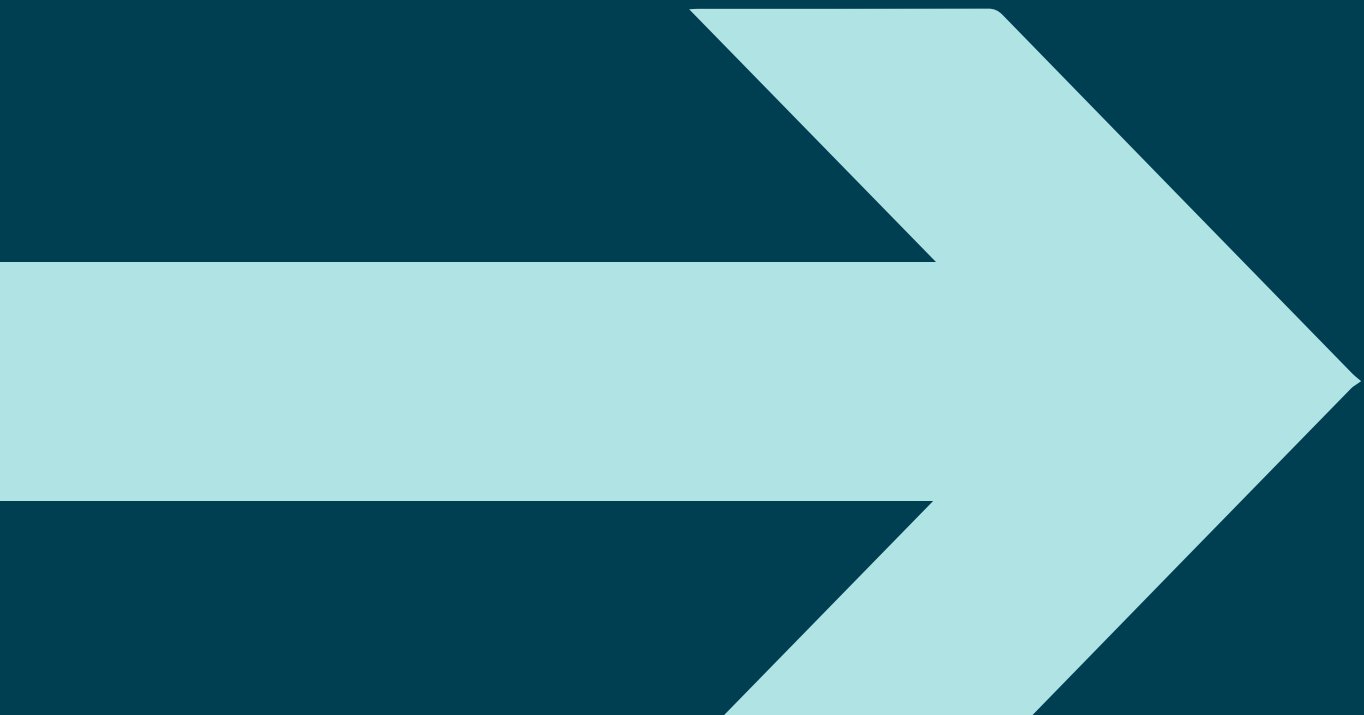




HOW TO MANAGE YOUR STRESS

- Understand good stress and bad stress
- Understand the impact of stress on your mind and body
- Understand the importance of planning effective study time
- Learn some top tips on staying well during this crucial period



ADRENALINE

Adrenaline is a chemical produced in the body when you are excited, frightened, stressed or angry.

In the right quantities, it can sharpen your thinking, help you concentrate and have great ideas.

So, being a little frightened is a good thing.

Too little adrenaline...

Can mean you are:

- Too relaxed
- Unfocused
- Without a sense of urgency/unaware of time restraints
- Not concentrating/not 'taking in' enough
- Wasting time/not using time effectively

The bad effects of adrenaline

Too much adrenaline will make you feel stressed or anxious.

Physical symptoms include:

- Tremors/shaking
- Headaches
- Difficulty sleeping
- Heart palpitations
- Breathing problems
- Sweating palms

The stress dilemma

- Too much to learn
- Not enough time
- Must work more
- Exhausted, anxious, can't sleep, need to rest...

BUT if I rest, I feel guilty, have less time, fear I won't pass, must keep going...Aaaaaargh!

How to increase stress



Look after your body



Look after your emotional wellbeing



CHALLENGE NEGATIVE THINKING

Negative thinking

"I will fail, I am no good, I am stupid."

All or nothing thinking

"I must get a 1st, otherwise my career chances are ruined!"

Catastrophising

"If I don't, my life will be ruined and my parents and friends will never speak to me again!"

Think about how you waste your time

- Facebook/social media
- Doing unnecessary tasks
- Spending too much time on certain tasks and not spreading your time effectively
- Procrastinating - putting something off to avoid doing it

Plan your study time

- Write a timetable of what you need to do and when you are going to do it
- Don't forget to add all the other important things you must do as well. Life doesn't stop just because of exams
- Build in break times and make sure you stop at least one hour before you go to bed
- Plan an occasional treat during the study period - a trip to the cinema or a meal with friends

Do

- Study at a time when you work most effectively
- Organise a calm study space
- Plan your study and plan in breaks and treats
- Take effective breaks away from the computer and your study space
- Relax...let go...and breathe

Don't

- Study when you're tired
- Study intensively without breaks
- Leave it to the last minute

Get in touch

If you're interested in Mindfulness, check the internet for further information and exercises.

Call the Welfare Team on 0121 756 9578 or email:

qahe.welfare@qa.com

