

As the year heads into exam season, students and families may experience stress in the lead up and during the exam period. Active Medical's team of experts have prepared the following tips to help prevent and cope with exam stress:

Exercise

Walking for 20 minutes most days will keep your energy levels up and help to release your body's natural 'feel good' chemicals that improve your mood.

Don't skip meals

Eat nutritious food regularly to maintain energy and motivation. Often comfort foods are highly processed and high in sugar – leaving you feeling lethargic or flat.

Drink Water

Stay hydrated and drink plenty of water. Approximately 6-8 cups of water per day is recommended.

Study Breaks

Be sure to take regular study breaks. Go outside and enjoy the fresh air and sunshine. The sun can be a good source of Vitamin D, which is responsible for energy levels, health and development.

Develop a study routine

Set yourself a study routine each day so that you prevent the need to cram before your exam. Creating a regular study routine early on can reduce stress in the lead up to exams.

Mindfulness & Sleep

Practice mindfulness before bed each night. This can help to encourage a restful nights sleep. Sleep allows our brain to recharge and the body to rest.

Communication

Communicate with your family or friends about what it is you are finding stressful. It is important to find someone you can talk openly with. Speak to your doctor if you feel you need further help or guidance in the lead up to exams.

Where to go for support

Active Medical
228-232 Caroline Springs Blvd
Caroline Springs
Ph: [9363 0954](tel:93630954)
OPEN EVERY DAY
www.activemedicalcentre.com.au

Youth Beyond Blue
Ph: [1300 22 4636](tel:1300224636)
Phone line is open 24 hours a day, 7 days a week
www.youthbeyondblue.com

Kids Helpline
Ph: [1800 55 1800](tel:1800551800)
Phone line is open 24 hours a day, 7 days a week
www.kidshelpline.com.au