

TIPS TO REDUCE COLLEGE STRESS



**WE KNOW COLLEGE
CAN GET STRESSFUL
(ESPECIALLY AROUND
EXAM TIME)**

**HERE ARE SOME TIPS
FOR HOW TO BE KIND
TO YOURSELF AND
MANAGE THAT STRESS**

RELY ON YOUR SUPPORT SYSTEM

**SPEND TIME WITH PEOPLE THAT
YOU CARE ABOUT & DO THINGS
THAT YOU ENJOY**



STUDYING TIPS

1) KNOW WHAT TO STUDY

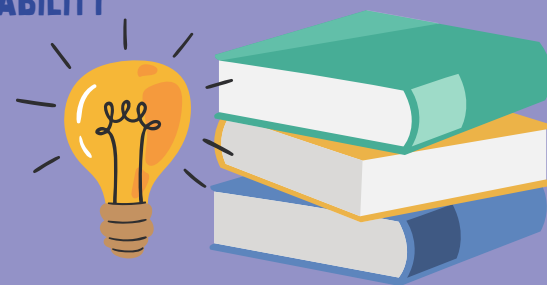
TALK TO PROFESSORS & REFER TO SYLLABUS

2) MAKE A STUDY SCHEDULE

GIVE YOURSELF REALISTIC TIME FRAMES &
PLENTY OF BREAKS

3) JOIN A STUDY GROUP

THESE CAN PROVIDE SUPPORT &
ACCOUNTABILITY



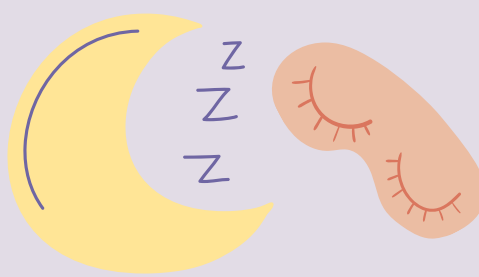
EAT

**EAT THINGS THAT
MAKE YOU
PHYSICALLY &
MENTALLY FEEL
GOOD**



SLEEP

**MAKE SURE THAT
YOU ARE GETTING
ENOUGH RESTFUL
SLEEP DURING TIMES
OF HIGH STRESS**



BE ACTIVE

**ADDING SOME
MOVEMENT TO YOUR
DAY CAN BE A GREAT
STRESS RELIEVER**



TEST TAKING TIPS

- 1) PREPARE MATERIALS THE NIGHT BEFORE
 - 2) GET A GOOD NIGHTS SLEEP
 - 3) EAT A HEALTHY MEAL
 - 4) TAKE SOME TIME BEFORE YOUR TEST (DON'T RUSH)
- ALLOW YOURSELF TIME TO RELAX AND BREATHE



AVOID USING DRUGS & ALCOHOL

**DRUGS & ALCOHOL CAN
NEGATIVELY AFFECT THE WAY
THAT YOUR BODY RESPONDS
TO STRESS & YOUR ABILITY TO
RETAIN IMPORTANT
INFORMATION**



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