

10 WAYS TO BEAT STRESS

Board exams are a challenging part of the school life. While increased level of stress is expected during this time, high levels of stress can cause panic and has a negative effect on a student's performance.

Here are a few tips to keep stress at bay.

1. IDENTIFY THE WAY YOU LEARN

Some of you may like to study alone while others find studying in groups more productive. Some of you maybe larks and prefer early morning hours of study; others might be owls who like to study late at night. Identifying your style of learning and sticking to it will improve the efficacy of learning.

2. TAKE FREQUENT BREAKS

Instead of an extended period of study; aim for focused study sessions. Plan 4-5 study sessions in a day. In a cyclical manner study for 40-45 minutes, take a 20 minutes break and repeat the cycle.

3. DRAW A TIME TABLE

Split up the subjects topic wise for each session. Identify the components of sub skill which require your attention and target it. Please do not leave out chapters perceived as easy to avoid last minute confusion.

4. REVISE ALL SUBJECTS

Have a slot for all subjects in the time table. Intersperse dense and difficult concepts with simpler ones. Do not put off tackling a subject right till the end.

5. SET DAILY TARGETS

Set short term goals- a set of formulae, a concept, a chapter. Reward yourself for achieving the daily targets. Watching your favourite show or speaking to your friend during your 20 minutes break will boost your spirits.

6. SIMULATE EXAMINATION ROOM CONDITIONS

While solving the question papers try to simulate the examination room condition as closely as possible. Use a stopwatch to time your paper so that you are well prepared for the D-Day.

7. PRIORTISE

Chalk out academic and non academic activities lines up for the day and accord them importance on a scale of 1 to 10. Limit distractions like attending social events and use of technology.

8. EAT RIGHT. SLEEP RIGHT

The motto should be to eat light but to eat right. Avoid junk food and please do not skip your meals. Fatigue sets in quicker on empty stomach.

Get adequate rest. A minimum of eight hours of sleep will keep you refreshed.

9. EXERCISE

Few basic breathing and stretching exercises will provide relief after long hours of study. A short run or walk clears the mind and uplifts the mood.

10.ASK FOR HELP

In case you still feel overworked please reach out for help. Speak to your parents and teachers who will put things in perspective. You are welcome to come to school and clarify your doubts.

PLAN . PREPARE and PRACTICE, and we are sure that you will succeed.

All the very best.