



HOW TO REDUCE STRESS BEFORE IMPORTANT EVENTS?

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Tip #1 Listen to classical music

Listening to music can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer. Classical music is recommended as the best type of music to boost your brain power but ambient music can work too.



Tip #2

Research has proven that exercising such as taking a walk can **boost your memory and brain power**. So get your trainers out and go outside!



Tip #3 Plan your study routine

With some initial effort, you can become more productive and motivated each day you approach your study by understanding your learning progress.



Tip #4 play with bubble wrap and puppies

Lots of universities have installed 'puppy rooms' where students can come to relieve stress and anxiety. Pets have also been found to help you focus while studying. Popping bubble wrap is another stress reliever you can save for home study.



Tip #5 try to get enough sleep

Sleep **helps your brain to assimilate new knowledge into your long-term memory** so that you can recall it when it comes to test day. Anyone who has tried to concentrate with half a night's sleep can also testify to improved focus with better sleep.



Tip #6 give your mind space

Meditation is one of the most effective ways to take a break and see your stress from a different perspective. Practicing meditation is another way to maintain focus while improving both mental and physical health to reduce pre-exam stress.



Tip #7 Eat dark chocolate

Eating dark chocolate which is over 70% cocoa fights the stress hormone cortisol and has an overall **relaxing effect on the body**. Also chocolate releases endorphins which act as a **natural stress fighter**.



Tip #8 Let it all out

Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Figure out what you're feeling and then let it out. Speaking to a family member or friend can empower you to rise above stress.



Tip #9 break free from distractions

I bet you don't even realise the number of times you check Facebook, Instagram or whatever your vice is? When you add it all up together, it amounts to a significant waste of time. It can be hard to detach from your life outside of studying but keeping the end goal and timeframe in mind will ease the process.



Tip #10 chill yourself

When you feel anxious before important event give yourself some kind of pamper evening. Have a warm bath, put on a face mask. After that slip-on your fuzzy socks, some cozy sweater and try to relax. You may also listen to your favourite music or just read cherished book. The most important thing is to think positively.





THANK YOU FOR YOUR ATTENTION 😊

and remember...

DON'T STRESS. DO YOUR BEST. FORGET THE REST.

bibliography

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