

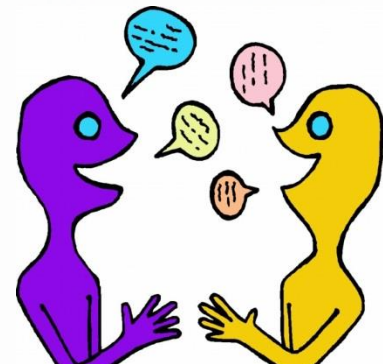
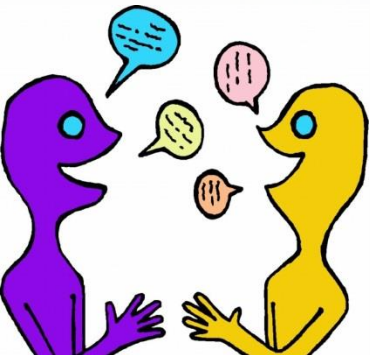
Revision Cracked

*Essential Guide to Revision
'Coping with your Stress'*



Talk About It

- Think about the people you know who will listen to you and make sure you talk to them. They can be friends, family, teachers, or others.
- Asking for help is not a sign of weakness. It is a sign of maturity and strength to realise when you have difficulties and to seek help for this.



Take time out to Have Fun

- Ensure during revision time that you take time to do things you enjoy. Do things that relax you and take your mind of studies.

Do Some Exercise

- One of the best stress realises is to exercise.
- Exercise also helps to clear the mind.
- Exercise provides a way of releasing a great deal of muscle tension which stress produces.



Think Positively

- A lot of exam success can be down to positive thinking. Thoughts of failure may lead to a drop in confidence and motivation.
- Things like ‘im useless at this subject’, ‘I haven’t got enough time to revise properly’, think positively! I have time if I plan properly and you’ve done difficult subjects before and been successful.

Eat Well

- Eating well reduces the overall stress on the body.

Use Mental Imagery

- Mental imagery is like daydreaming, think of somewhere positive or a pleasant scene. Include smells and sounds.
- Remove yourself mentally from your current situation and picture yourself somewhere else.

Breathing Techniques

Step by step approach to help you relax:

1. Sit comfortably and close your eyes.
2. Breathe in slowly to the count of ten.
3. Hold your breathe now for a count of ten.
4. Exhale to the count of ten.
5. Repeat a couple of times.

This can help with nerves and anxiety and can be used at any time.

